Castleton Spartan

CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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Castleton expands into Rutland

By Abi Foster
Castleton Spartan

It's no secret that Castleton College President Dave Wolk is always putting the college and his students' needs first. So when the idea of expanding the college into Rutland came up, an idea that would produce numerous new opportunities for students, Wolk took wasted no time setting this plan in motion.

Last Thursday night, his efforts were unveiled in an open house at the new Castleton Downtown building in the Opera House on Merchants Row in Rutland. The location will house the Castleton Polling Institute, Center for Community Engagement, Center for Entrepreneurial Programs and Center for Schools.

During his remarks, Wolk touched on why he has so much passion and love for this school and city.

"Because I love our students and believe this is a great opportunity for them develop themselves and a real love connection with Rutland," he said.

Being a Rutland native himself, he said he grew up in the area and sees Rutland as a place full of potential.

The goal of the downtown project is to create a stronger relationship between the community of Rutland and the students of Castleton. By doing this, there will be new facilities and programs for students to be a part of. As for the Rutland region, it will have the advantage of having fresh, young, intelligent college students involved and participating in local organizations.

Student Hollie Nop, a senior at Castleton, explained why the city of Rutland is such a prime location.

"With Rutland being so close in proximity to Castleton, there would finally be a strong visible presence of the college in Rutland," she said.

Nop also talked about how not only will this generate more internships for students, it will help drive Rutland's economy.

Professor Christopher Boettcher, who attended the open house, agreed with the assumption that the addition of Castleton Downtown is exactly what the school and area needs.

"This expansion will allow a connection with the Rutland region and Castleton students and is the biggest opportunity for everyone as a whole," he said.

A main component of this ongoing project, college officials said, is the Center for Entrepreneurial Programs, which aims to match college students and programs with the needs of the city's local businesses. This allows students more opportunities to gather career experience, networking opportunities and a mentorship from business owners around Rutland.

Castleton College's mission consists of the promise to help grow the region's communities, education programs and local organizations. Chrispin White is the man in charge of pinpointing the needs of the students and then meeting those needs with internships and civic projects.

"I plan on going out and finding the needs and goals of students to create a database that will allow me to pick out the most discussed necessities of the students," he said.

Soundings goes back to basics

HEATHER ROBINSON / CASTLETON SPARTAN

Students line up to sign in at a Soundings event.

By Catherine Twing
Castleton Spartan

Imagine you just spent hours at a Soundings event and are finally ready to answer the question. When you go on Moodle, however, you do not see a question and it says you did not even attend.

This has been a familiar and frustrating reality for many Castleton students. Last semester the Soundings program went completely electronic, causing new heights of frustration for both students and staff.

"I received over 1,600 emails about Soundings last semester," said Director of the Fine Arts Center and Soundings instructor Rich Cowden. Cowden said around 75 percent of those had to do with attendance issues.

"Last semester with the scanners was hectic," said box office employee Rebecca Hall. "Half of the students' IDs would show up as 'not in the system' and we would have to go searching for them. The attendance lists would be in alphabetical order, but not by which course they were in."

The complicated process was stressful for everyone involved. Seniors were particularly concerned because they need a passing grade in order to graduate.

"At the end of last semester my Soundings grade was NP even though I knew everything was fine. I freaked out because I'm a senior," said Kaylee Pratt. "I emailed Lauren Olewnik, and she said it was most likely because of an error inputting data."

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Her life before Castleton

By Daley Crowley
Castleton Spartan

Raising wild cheetah cubs may sound like an Animal Planet special, but to Deborah Singiser and her family of four, it was a reality.

These days, Singiser is the International Student Service Coordinator at Castleton College, but she has had many other career paths before this one. From 2006-2009, Singiser worked in international development in the African country of Ethiopia.

During those four years, Singiser and her husband, Kevin Rushing, raised two children and nursed many wild animals back to health.

The couple traveled from one poverty stricken country to the next trying to help people. But, while in Ethiopia, they also noticed that veterinarian services were lacking and found there was a huge issue with wildlife trafficking.

"The problem in Ethiopia," Singiser explained, "is that there are a lot of laws written, but they aren't enforced because of a lack of human capacity or lack of resources."

The people of Ethiopia didn't understand the needs of wild animals. Many times businesses would capture wild animals and chain them outside their restaurants to attract customers. But even if the government wanted to confiscate these animals, there were no facilities or sanctuaries to relocate them to.

This is where Singiser came in.

"Our first cheetah came to us in June of 2006," said Singiser. "My husband is a veterinarian, so when our American ambassador found a cheetah cub that was being kept illegally, he called us."

The 3-month-old cub, named Sheeba, lived with their family for six months.

Cheetahs tend to be the most domesticated out of all the big cats, and they don't pose a threat to humans.

"They are kind of like a big dog in many ways," explained Singiser. "Ours slept with me in my bed and watched Sesame Street on the couch with my children."

Although these large cats aren't dangerous toward human adults, it's a different story for small children, like those Singiser was raising.

As Sheeba grew bigger, Singiser worried what she would do when the cheetah got too rowdy with her kids. She knew she couldn't keep him forever.

PHOTO CONTRIBUTED BY DEBORAH SINGISER

Deborah Singiser, Castleton's International student service coordinator, interacts with cheetahs at the Ensessakotteh Wildlife Rescue in Ethiopia.

So Singiser set out to find a solution.

"The best way to find a solution," she said, "is to find someone who is in an equally desperate situation as your own."

Singiser came in contact with two Italian diplomats who were raising two orphan lion cubs. They were in an even more desperate situation because lions grow very fast and become dangerous to humans quickly.

They worked together and started contacting organizations outside of Ethiopia.

During this same time period, the American Embassy asked Singiser to organize an International Conference on wildlife. She worked hard to get participants and donors to talk about protecting the wildlife of Ethiopia. This project couldn't have come at a better time.

"We got a lot of media attention which was great," said Singiser excitedly. "An organization called Born Free, out of England, heard about our cheetah cub and the lion cubs and offered to help."

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Super Bowl Sunday is unofficial holiday

By Callie Ginter
Castleton Spartan

There is only one occasion in which consuming beer, hot wings, nachos, pizza and more beer is entirely acceptable and applauded. It's one day when sitting on the couch and swearing at your television is a rule. And it's one proud moment when Americans come together to celebrate an unofficial holiday: Super Bowl Sunday.

Super Bowl Sunday is practically a religion for many students and professors. There are sacred beliefs, rituals, experiences and social bonds that take place on this special Sunday.

And the general belief for Castleton College students this year: the Patriots will win.

Out of nine students interviewed, seven wanted that outcome.

"My favorite part of the Super Bowl is when the Patriots win," said sophomore Troy Tracy.

Professor Stephanie Wilson shared the same enthusiasm.

"Let's welcome the Patriots to the Super Bowl, whoop whoop," said Wilson as she raised her arms in celebration.

Other students, including junior football player George Busharis, senior Conor Gibeault and sophomore Breannon Meuse, also want to see the Patriots win.

"Pats all the way," said Meuse excitedly.

Sophomore Castleton football players Chris Terry and Christian Procida were already making plans last week for the big game that was still two weeks away.

As the video game NCAA Football 14 was playing in the background, Terry laid out the day.

"This year, all the boys are getting together and setting up the projector in Castleton Hall … we'll probably order pizza, we'll have wings and beer," Terry said.

"I know I'll be wearing my Richard Sherman jersey," said Procida proudly as he held up a blue and green Seahawks jersey with number 25 on it. "And I think here the game will be more intensified because we're in New England, and the Pats fans are getting on my nerves. You can definitely write that down."

Gibeault has his own ritual too; a 30 rack of Bud Light.

"It has to be Bud Light, no liquor, only beer," he said.

But sophomore Suraya Malee isn't as excited about the game as others.

"I'm not a big football fan I guess, I don't mind going to the games here because I have friends on the team. I think it's better to see it live … I just don't really follow it," said Malee.

Meuse shares similar feelings. Although she watches the Super Bowl every year, she doesn't particularly watch it for the game.

"I'm more of a bandwagon fan … I like the social part and the performances and commercials," she said.

SARA NOVENSTERN / CASTLETON SPARTAN

Christian Procida and Chris Terry are ready for Super Bowl Sunday, in their opposing uniforms.

Procida on the other hand watches the game more intently than most, to learn from it and critique it.

"I view the game differently because I know it and play it. I have a different perspective," he said.

It's clear Castleton is gearing up for the Super Bowl.

"Everyone gathers together, there's people, food, beer; it's just a fun experience to share with friends," said Terry.

"It's like a holiday for Americans," said Wilson.

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Legalize it, tax it, spend it on education

Right now, somewhere in Vermont someone is smoking pot. Untaxed pot.

When Colorado legalized recreational cannabis use, they got $200 million as their reward. It was a combination of an estimated $60 million in tax on the cannabis plus an estimated $145 million they didn't have to spend on law enforcement chasing users.

What could Vermont do with $200 million? How about help fund higher education?

Currently the Vermont State College system's annual budget is $134 million. Think of what could be done if $50 million or $100 million or even all of the $200 million went to education – specifically higher education. No longer semester by semester would the budgets of each of the Vermont State Colleges shrink. Instead of cuts, we could finally show some growth.

How would Castleton change if all of the sudden our budgets weren't being cut? Think of $10 million suddenly being added to the budget here at Castleton. No longer would we have to worry about the small persistent losses due to cuts in the budget. Maybe cable could be brought back without the budget constraints clashing with the educational responsibility of the institution.

The list of political figures who stand in support of legalized recreational cannabis grows longer each passing week. One person who has come out in support of is the president of the United States.

In an interview with the New Yorker, Barack Obama said, "Middle-class kids don't get locked up for smoking pot, and poor kids do ... We should not be locking up kids or individual users for long stretches of jail time when some of the folks who are writing those laws have probably done the same thing. It's important for (the legalization of marijuana in Colorado and Washington) to go forward because it's important for society not to have a situation in which a large portion of people have at one time or another broken the law and only a select few get punished."

Three states, Colorado, Washington and Oregon, have already legalized recreational cannabis. A dozen more have medical cannabis legal while still criminalizing recreational cannabis.

In 10 years it will be legal. That's 10 years of missed tax revenue. Ten years of missed opportunities to improve colleges that are already ranked at the bottom of the list when it comes to state support.

Do we really want to wait 10 years before we start collecting benefits from something people already do and that is legal in other states?

-Rebecca Allen

Opinion: weighing freedom v. terror

'When does enough become enough?'

In recent weeks people have come out against the terrorist attacks in France. Usually after such attacks, people come out and condemn the persons who perpetrate the acts.

They call them mad men, sometimes terrorists. Politicians decry the use of this deadly force against innocents.

But tragedy like this tends to make people do things that they might not do otherwise.

It makes it easier to pass laws that might otherwise not of been passed.

Makes it easier to appeal to a select group of people on an emotional level that might not have worked days or hours or minutes before.

Makes it easier to round up people and say they're doing whatever it is that the government thinks caused the attack.

The great irony of the Charlie Hebdo attacks was the aftermath. French law is different than American law in ways that most of us don't understand. They have no First Amendment guiding their laws. The French government used the charge of, "apologists for terrorism" to arrest more than 50 people, 12 of whom have been sentenced to jail terms. Already the United States and the European Union are calling for more surveillance of Internet activities of citizens.

Long before we had the Internet or really a country, Ben Franklin said, "Any society that would give up a little liberty to gain a little security will deserve neither and lose both."

Every time there is a new attack, a little bit of our freedom is taken away from us under the auspices of protection. After 9/11, we had the Patriot Act, which brought a whole new level of control of the citizenry by the government into play.

Now after this attack we're being told they need more.

They need to watch more of what we do. I'm surprised they haven't gone 1984 state and just put cameras in all our homes.

When does enough become enough? When have we given too much control of our lives to those who seek to harm us? When have those who seek to cause terror win? When we give up freedom X or Y? When the government has wiretaps on 10 percent of the country? Or 20%? How far are we all willing to go before we say enough?

There is a very fine line between trying to keep Americans safe and trying to take away every freedom we have for our own protection.

-Rebecca Allen

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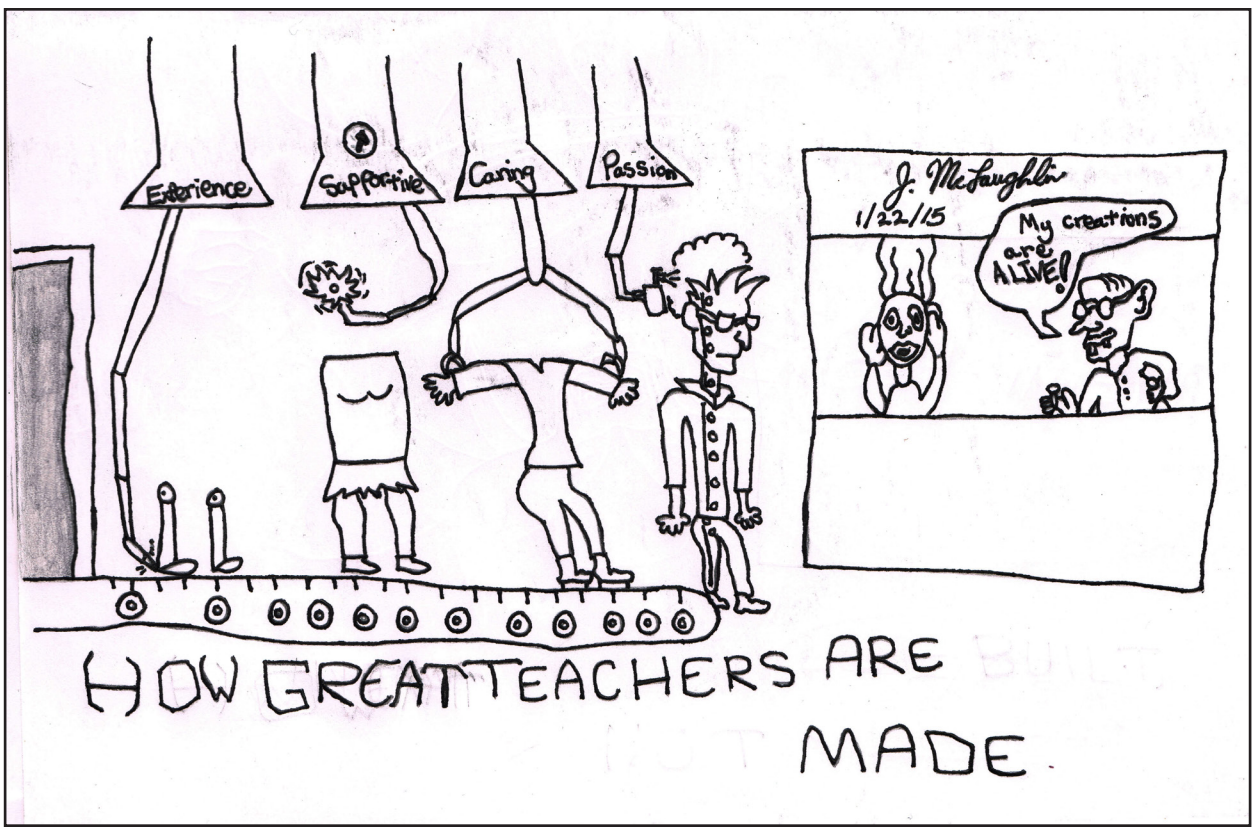

Fresh Perspectives

Trivia Crack & Yik Yak taking over college campuses

Smartphone apps like Trivia Crack and Yik Yak are taking the college world by storm, and it's not just at Castleton.

I've talked to some college friends from the University of Vermont, Providence College and SUNY Plattsburgh, and they are all actively using these apps.

Then I talked to friends still in high school and they have no idea what I'm talking about when I refer to these apps. Currently, Trivia Crack is the most popular free app in the App Store. It shocks me that it's mainly the college communities making this app so popular.

What is Trivia Crack?

Well, for those of you who don't know, it's a game you can play against your friends answering trivia questions in various categories such as entertainment, science, or history.

There are pros and cons to every form of entertainment, whether that be television, radio or game apps. But other than the fact that we are playing it so religiously that it can become more important than other life priorities, Trivia Crack has no other cons in my opinion.

For college kids, or anyone in school, we know how hard it is to sit down and learn something in classes all day. If we can learn something while having fun, why don't we?

This is why Trivia Crack is the number one game. Not only is it fun and competitive, but we are gaining knowledge without even realizing it. The fact that college kids are taking advantage of this app is amazing. Seeing that we are getting attached to something that helps us become better students just goes to show how far we have come as a generation of students.

Yik Yak on the other hand, although funny, can be very destructive, and also pointless. Nevertheless, there are pros and cons to everything. This means that even Yik Yak can be useful for college students. I've seen many Yaks about students asking where Soundings events are, or whether or not campus is closed.

It is being used as a positive way of getting information that is beneficial to many students, but that is only by a handful of students.

Most of the Yaks are complaints or destructive comments.

I won't deny that there are definitely some funny comments.

I recently saw one that really made me laugh: "Making my way to class, walking fast, haulin' ass, 'cause it's cold out!"

As a fan of the Vanessa Carlton song, "A Thousand Miles," you can see why I got a kick out of that one.

Yik Yak is generally a place for people to complain anonymously, attack people anonymously and judge people anonymously.

It is easy for someone to comment about someone else when there is no way to find out who it is. Those attacking comments on this app are unacceptable and cowardice. Also, it seems like many guys and girls think Yik Yak is a fun place to comment on the opposite sex.

I've seen Yak's that say things like, "That girl wearing the red dress and boots in my bio class, you are gorgeous."

Did it ever occur to you guys that it might be more rewarding to get a response or a thank you from that person, instead of an up vote on an app? That's a real compliment, and real conversation.

Technology is practically taking control of our lives, but we can choose whether it can be for the good or the bad.

-Carly Trombley

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CASTLETON'S RETURNING STUDENT SCHOLARSHIPS FOR 2015-2016

The Financial Aid Office wants to remind students that the online application and information for Returning Student Scholarships is now available.

The deadline for submitting the completed scholarship application is March 6, 2015.

Details may be found on the Financial Aid web page or link to www.castleton.edu/returning-app

Don't miss out on this opportunity!

Check us out!

www.castletonspartan.com

If you have any stories or photos to share please contact us at:

thespartan@castleton.edu

MLK honored at Spring '15 Convocation

By Ruby Bushey
Castleton Spartan

In 1929 an activist, American pastor, humanitarian, hero and leader in the African-American Civil Rights Movement was born.

But he wasn't born as all of those things. Martin Luther King Jr. was actually born Michael King, but his father changed his name in honor of a German reformer whom his father had been inspired by.

King changed the world in so many ways, so the idea of having a similar impact may seem far-fetched for today's young people. But the message of the spring convocation at Castleton College was that it isn't far-fetched and that college is an important time for young adults to find the paths they want to travel and to earn a degree and make a difference.

After all, King had similar doubts when he was in college, students learned.

After incredible performances of singing and music by the Castleton Jazz Ensemble and the choir, students were shown a video montage of pictures of King's early life detailing his self-doubt and dreams.

It was created by Soundings Director Richard Cowden and his wife, Jessica, and detailed a part of his life that few ever talk about – with the message that current Castleton students can have the same impact King did.

"Education is key to everything. A place like Castleton is a crucial and safe place to take first steps" Cowden told students. "You have to start somewhere."

The Cowdens made the video with an underlying message to students and community members that figuring out who you are, and where you can start something is important. To know who you are as a student, a community member, an athlete and a friend helps to make connections with people, co-workers and future employers who see you can be confident in who you are, he said.

"We value transformative change. I think it is extremely important that students understand who they are, and where they want to go because times are hard to be young right now," Cowden said. "We miss a lot of what is going on right now because we don't look."

Cowden said students need to seize opportunity.

"Castleton is the right place for students to start, but they have to realize it takes time for everything. You have to watch your reflection because there is only one person that can change your life, and that one person is you," he said.

But as inspiring as the Martin Luther King Jr. segment was, President David Wolk began convocation with news about new faculty and staff – but then issued a bit of a reprimand over the use of a new social media app for smart phone users called "Yik Yak."

After some disturbing racial and inappropriate comments on the site, Wolk said he wasn't pleased.

"The anonymous comments do not represent who we are or who we seek to be. This college is about social justice and enhancing diversity," he said.

CHRISTOPHER WILLIAMS / CASTLETON SPARTAN

Soundings Director Richard Cowden speaks during convocation.

Will Vermont be next to legalize?

JACOB COVELL/SPARTAN CONTRIBUTOR

Jacob Covell
Spartan Contributor

Prohibition is the legal act of prohibiting the manufacture, storage, transportation and sale of an item. Often associated with the alcohol prohibition of 1920, the word has new relevance among Vermonters as the state considers lifting the prohibition on marijuana.

"Personally it wouldn't affect me, but I feel that it has better uses than alcohol," said Timothy Wallace, a senior at Castleton.

Vermont and other states are delving into the possibilities of what legal marijuana could mean. In 2013, the state passed a bill decriminalizing up to an ounce of the drug and since has seen a push for full legalization.

But where is the push coming from?

"A majority of Vermonters realize the war on drugs and prohibition has caused more problems than it has solved," says Teo Zagar, a state representative from Barnard, adding that too much time and money have been focused on low-level crimes like marijuana.

Many are looking at marijuana as a means to raise money for the state. According to Forbes, after legalizing pot last year, Colorado made a reported $2 million in tax revenue after just one month and has an estimated earning $40 million for 2014. Vermont Sen. David Zuckerman of Hinesburg says taxes won't be the only financial boost to the state.

"If you want skier numbers to go up in Vermont, you should support legalization," he said, citing that younger tourists would likely take legal marijuana into consideration when choosing a vacation destination.

Vermont's legislature had a peak in interest last year, approving a $100,000 study of the financial impact it would have on the state. The Rand Corporation, a research organization that develops solutions to public policy challenges, began the study in 2014 and will have its final report later this month.

Beau Kilmer, the director of Rand's study, said, "Really there are nine main issues to focus on when thinking about the legalization."

According to Kilmer, those issues are production, profit motive, promotion, prevention, penalties, potency, purity, price, and permanency. Kilmer said many of the decisions involving these issues have to be decided by the state and that the study will help highlight them.

JACOB COVELL / SPARTAN CONTRIBUTOR

Sen. David Zuckerman supports legalizing pot.

Not all marijuana talk is positive though. The legalization movement has had some pushback from Vermonters. In a recent statewide forum, residents voiced concerns.

"One-stop shopping is not the message we need to be sending by legalizing marijuana and it endangers our public in general," said Bill Colman, a Newport resident.

In the same meeting, Rutland M ayor Christopher Louras testified for the "League of Cities and Towns" saying that after consulting with the state police, the group is officially opposed.

But many Vermonters circle back to alcohol as a reference to marijuana.

"I have a glass of wine with dinner from time to time. If someone is using marijuana in the safety and privacy of their home, it's hard to tell them they can't do that from a policy perspective," Zagar said.

Zuckerman says realistically marijuana won't be legalized for at least another year if not two. But overall he's fairly optimistic.

"It should happen, I think it will happen, but we have to go about it in a thoughtful manner," he said.

Students support legalization to lower tuition costs

By Karsen Woods
Castleton Spartan

In May of 2014, Gov. Peter Shumlin signed Act 148 establishing a committee responsible for generating a plan to restore funding for higher education in Vermont.

One of the goals was to lower student and family costs so that Vermont State College students and private Vermont university students could receive a college education without breaking the bank.

Linda Olson, Castleton professor, president of the VSC Faculty Federation and member of the committee, described the policy proposal titled: Reclaiming the Promise for Affordable Education in Vermont.

"What we attempted to do in our proposal was to create revenue sources that would not strain the state economy," she said.

The committee consisted of faculty, staff and students representing various Vermont education institutions. One idea outlined was the use of lottery and legalized marijuana tax subsidies – if marijuana were to be legalized for recreational use.

This was one idea that had dissenting opinions from the committee. It is estimated that assuming non-medicinal marijuana was legalized, the taxes would provide an additional $12 million for higher education by the year 2040.

However, some members of the committee spoke about the potentially negative stigma that could be associated with the use of gambling and drug money to provide education for Vermont students and families.

"I think it's just inappropriate and I don't think there would have been support for that from a broader community," committee member Clarence Davis told VTDigger.org.

As of now, Vermont ranks 46th in government funding offered to post-secondary education students, but second nationally in the number of students it imports for the pursuit of an education.

Pot smoker or not-smoker, most students likely agree that generating revenue from marijuana legalization that can be distributed to college students would be welcomed.

"With tuition increasing every year, something has to be done to lower the cost for people that are trying to have access to an education," said Castleton sophomore Aidan Ells-Payne.

Another goal outlined in Act 148 was to return to the 1980 level of state funding. In 1980 Vermont spent $7.78 per $1,000 of personal income spent on higher education. In 2013, that dropped to $3.38.

"I don't see why it would be a negative thing to use tax revenue toward students in college. For the amount of debt you get in college, it shouldn't matter if that money is coming from marijuana tax revenue or private loans," said Castleton senior Liza Tarleton.

Ginter is off to China

By Alexandra Johnstone
Castleton Spartan

Each year, thousands apply for the Benjamin A. Gilman International Scholarship, a scholarship aimed at helping students who plan to travel abroad for at least a semester.

This year, Castleton College's Eric Ginter was a recipient and was awarded $4,500 to help fund his semester abroad in China from Feb. 24 to May 30.

"Each semester I send out an email broadcasting all the scholarships there are," said Spanish professor Ana Alexander.

COURTESY PHOTO

Eric Ginter poses in front of the Chinese Embassy. The junior is headed to China to study.

"Castleton is batting three for three in the past three years," Alexander added proudly. "Castleton students have a fabulous track record...they just need to apply."

Deadlines for the scholarship were early in the fall semester and as a requirement, each applicant was asked to write how they would benefit from studying abroad.

"I want to become fluent in Chinese," said Ginter casually, catching the ears of a few people nearby as he spoke. "But also just to experience the culture and finally go abroad."

Ginter is a Global Studies major and must study abroad as a requirement.

"I already know a little Chinese." Ginter said. "I started taking it seriously in ninth grade. I'm not that good though."

Ginter will be attending SiChuan University in Chengdu, China, a city of 14 million people.

"I won't stick out there," said Ginter.

He will be living in the dorms with a roommate chosen for him, he said.

When asked why she thought Ginter was awarded the scholarship, Alexander stated Ginter stood out in part because he comes from a small school and is taking a more unusual language.

"I certainly hope that he can improve on his Chinese," said Alexander. "He's very good at it, he's very modest."

Other hopes for Ginter are that he gets first-hand experience and gets to live with the Chinese and appreciate and learn the culture, Alexander said.

"I also hope he learns things he can use in his major too," said Alexander, laughing.

They have their coats

HEATHER ROBINSON/CASTLETON SPARTAN

Students took the stage in the Casella Theater on Friday Jan. 16 at 5 p.m. to participate in the first ever Arnold P. Gold Foundation (APGF) White Coat Ceremony. There were 99 sophomore-nursing students that received a white coat and specialized nursing pin. Castleton was selected in 2014 as one of 100 nursing schools in 43 states to offer a White Coat Ceremony, which has been around since 1993.

A minute with Michael

Michael Sabataso

Question: How many New Year's resolutions have you ever broken?

Shayna Chaloux
Junior

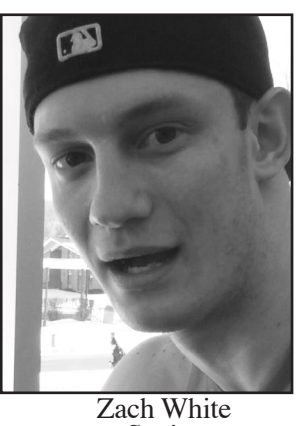
"I decided I didn't want to set any New Year's resolutions really because I didn't want to break any. So this year I've broken none.

Samm Quiser
Junior

"I think probably every single one that I've made, unfortunatly. But, I'm hoping this year is different."

Korey Melen

"I don't think I've broken any."



Zach White
Senior

"I don't think I've ever made any."

SGA elections are underway

By Daley Crowley
Castleton Spartan

The Student Government Association elections are underway to fill four positions. The openings are for executive vice president, secretary, treasurer and four delegate positions.

The candidates for these positions include Tyler Anderson for treasurer, Hollie Nop for executive vice president and Julia McIntyre, Matt Gay and Amanda Larabee for four delegate positions.

Although the positions are essentially uncontested, College Court Advisor Mike Robilotto said they can be contested with write-in votes.

The election tables were set up in Huden Dinning Hall on Tuesday and will remain their today from 11 a.m. to 2 p.m. and Thursday from 11 a.m. to 2 p..m.

Hannah Locke, the chief justice of the College Court, which handles the election, said new people in these open positions could be a chance for great new ideas.

"I hope those who fill the positions will strive hard to work toward being the voice of the student body and improving our campus," said Locke.

SGA President Elizabeth Young strongly encourages students to join the SGA and vote in the elections to help make a difference at Castleton.

"I'm really excited about the up coming elections," said Young. "With change comes challenges, but it's because of those challenges that we are successful."

How to not be an annoying vegan

By Jorah McKinley
Castleton Spartan

Eight months ago I made the decision to adopt a Vegan diet. It was a great choice for me and I plan on sticking with it, but I realized that there are a lot of vegans and vegetarians who are just terrible. We all know the type. They've got their condescending tones and their upturned noses and their crunchy vegan granola. Nobody likes these people, no one. Don't be one. So I thought I'd share a few tips I learned about how to not be an annoying vegan. I know most, if not all, of the people reading this aren't vegan and therefore don't really need this info, but maybe you could pass it along to an annoying vegan friend.

Guess what. There's really only one rule to not be an annoying vegan. DON'T TALK ABOUT IT! Yes, I realize I'm breaking that rule by writing a whole damn blog about it, but it's for the greater good, and the main point I'm trying to make is that it should not be a frequented topic of conversation in your every day life.

They way you choose to eat is a personal choice. Not every single person you come into contact with needs a full description of the moral high ground you think you're standing on. So DON'T talk about it unless someone asks, which they probably won't, because no one cares.

If they DO happen to ask (which they won't) don't start spouting some clearly rehearsed monologue about how every meat eater is going to die of heart disease and then end up in hell. If they ask (which they won't) just tell them that it was a personal choice you made based on research. That's it.

There are instances where it will be unavoidable, like if you're going out to eat or if someone offers you something. Just be subtle about it.

What NOT to do:

Person: "Hey, do you want this delicious bacon, egg and cheese breakfast sandwich"

You: inner monologue: Ugh! Yes, more than anything "How many times do I have to tell you?! I'm VEGAN NOW. Do you even know how many fluffy creatures were harmed in the making of that breakfast sandwich?!? Not to mention how clogged your arteries probably are??"

Person: "I hate you."

What TO do:

Person: "Hey, do you want this delicious bacon, egg and cheese breakfast sandwich"

You: * inner monologue: Ugh! Yes, more than anything… * "No thanks."

Person: "Okay."

Did you notice a difference? Bottom line is, if you're passionate about something it can be a hard not to talk about it, no matter what it is. I'm not going to pretend I don't catch myself being an annoying vegan and over-sharing on occasion, but I make a conscious effort not to. Pushing you're opinions on innocent and unsuspecting bystanders is a bad thing to do, no matter what the opinion is.

Haiti is in Hartman's heart

By Jorah McKinley
Castleton Spartan

It has been five years since a 7.0 magnitude earthquake struck Haiti. Five years, two weeks and two days to be exact. The catastrophe took at least 230,000 lives and injured another 300,000.

As is typical when a natural disaster strikes, the world rallied around Haiti, but after a while, as is also typical, the world move on. There were other disasters to focus on, but one Castleton student and her family didn't moved on.

Anna Hartman, a senior, spent one week out of her break in Haiti with her father and sister volunteering with a building and medical crew. Her father has gone to Haiti for the past five years. This year, Hartman and her sister decided to join him.

"There's still so much sadness, so much that hasn't been fixed," Hartman said.

They were there with a group of 28 other volunteers and by the end of the week the group had built 58 houses, tended to 2,000 patients and provided food for 650 families.

One day Hartman was helping out at the medical clinic when a small 8-year-old boy came in. This boy had an incurable flesh-eating disease and not much time to live.

"The disease was eating away at his body. He was so weak. He couldn't move. Seeing him in that bed was heartbreaking," Hartman recalled.

They were able to provide painkillers and financial support to the boy to make his final days more comfortable, but that was all they could do.

Hartman also told the story of one woman who lost both legs in the earthquake. Since then, she has taken to walking on her knees to get around. She wears kneepads, carries a stick for support, and walks miles a day carrying her two young children.

One of Hartman's translators was a college student at the time of the earthquake, but he stopped attending afterward because nearly all his classmates were killed.

Heartbreak is commonplace in Haiti, but what struck Hartman even more was the overabundance of joy, gratitude and above all, faith.

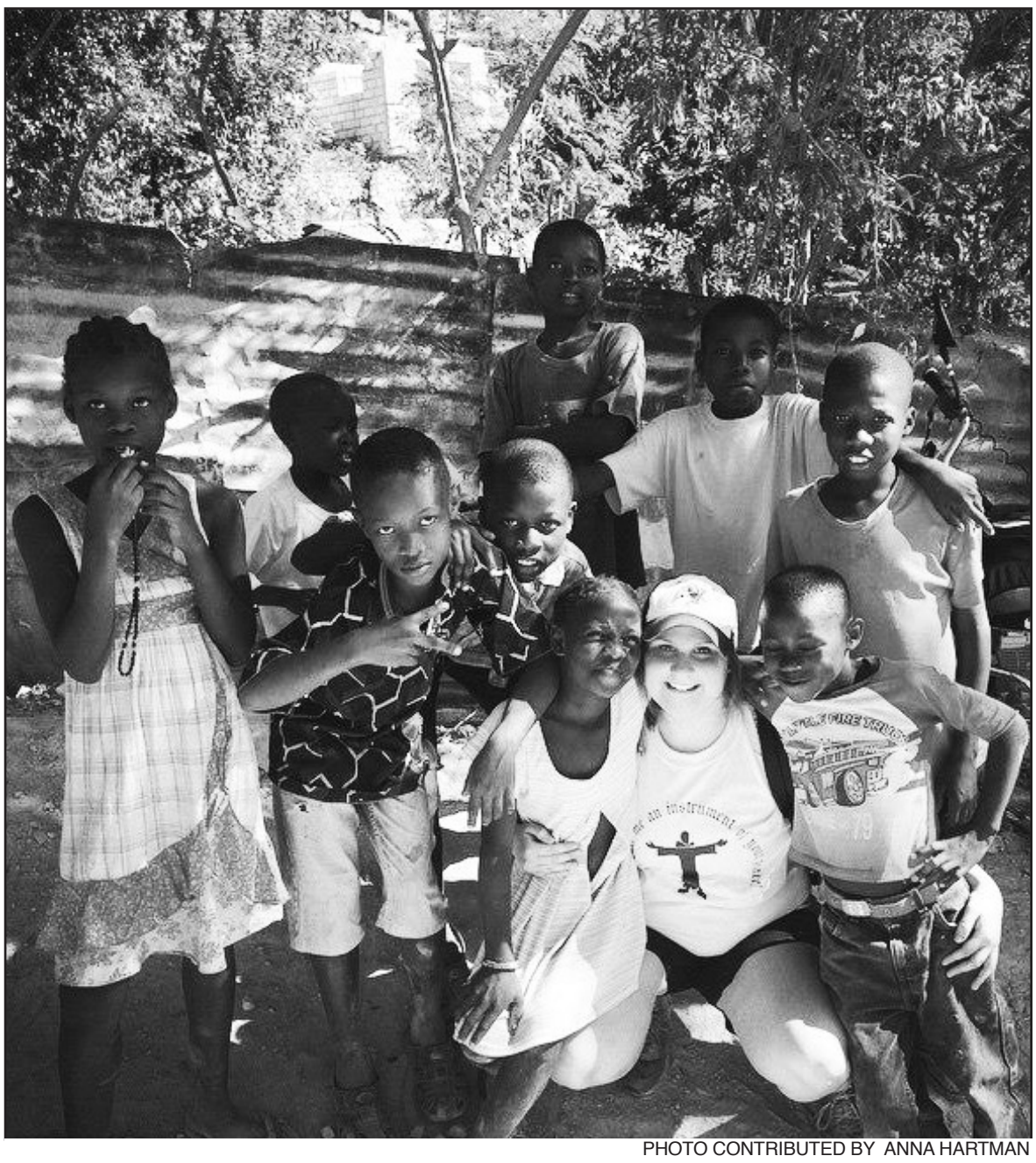


PHOTO CONTRIBUTED BY ANNA HARTMAN

Anna Hartman poses with children in Haiti. Hartman spent one week volunteering over break to help aid families still devestated from the earthquake five years ago.

"With the amount of devastation, the joy on peoples' faces is so rewarding to be around. They're happier than anyone I've ever known," Hartman said.

"They're just constantly saying that things will eventually get better for them," she said. "They still are such strong believers. Even after five years of the devastation, they still keep their strong faith, and that's really inspiring."

Even though it may not be on the forefront of everyone's minds or at the top of every news hour, the aid to Haiti has not stopped.

Hartman plans on returning to Haiti to continue her work, and encourages others to volunteer their time as well.

"It's such an eye opener and you'll have a much greater appreciation for life in America," she said.

What makes a good professor?

CHRISTIN MARTIN / CASTLETON SPARTAN

Professor Paul Derby speaks to his Intro to Anthropology class about his experiences in Banaras, India. He also displays some of his findings from his visit. Paul Derby was named a favorite by students.

By Daley Crowley
Castleton Spartan

The survey Castleton students take at the end of each semester is supposed to rate their professors. They rank them on how well they present the material, how prompt they are at returning work and countless other categories.

But what characteristics do Castleton students actually look for in a good professor?

Several interviews revealed students seem to really appreciate professors who they are able to have a human-to-human relationship with.

"I like professors who don't treat you like they are your superior. I like when they are personable," said junior Alexandra Johnstone.

Sean Collins, a senior in the business department, agrees. He likes when he is able to be friends with his professors. His favorite is John Hoagland.

"I was able to just joke around with him, which was awesome," said Collins.

Students say they also like to feel comfortable around their professors.

"I like when they act like human beings," said Spencer Dandurand. "The less like a professor they are, the better."

This close relationship is something several students mentioned. It is really important to environmental science student Olivia Janus.

"I love that I can talk to my advisor about anything," she said.

Math professor Dale Kreisler agrees with the importance of student-faculty contact. He encourages one-on-one meetings and learns his student's names very early in the semester.

In a small school, a good relationship with your professor is common, but Maddy DaCosta said she has found it hard to make those connections in the nursing department.

"It's my fourth year here and nursing professors still don't know my name and I've gone to their offices a million times," she said. "Its frustrating!"

According to many Castleton students, to be a good professor they must be understanding.

"They have to be firm on their word… firm, but flexible," said Stanti Schonbachler. "I think it's important that professors are understanding,"

"Understanding" was the word Sea Hurd used too.

"My favorite teacher was Dale Kreisler, the chair of math department. I liked that he was flexible and he understands when you have to turn something in late."

Hoagland, the business professor, said he tries to be as understanding as possible.

"I try to understand that my class is not the only class that students are taking," said Hoagland. "I'm willing to make accommodations for students."

Another desired quality is passion.

"I like when I can tell my professors enjoy teaching. Someone like Dave Blow," said senior Emmy Hescock. "It's clear enjoys teaching, which makes it fun for his students."

After studying in the Southwest for a semester, sophomore Alexandra Brownell has a new appreciation for passion. Professor Paul Derby made an impact on Brownell.

"A professor who is passionate about what they are teaching is so important. If they're excited about the subject, I'll get excited about the subject."

Students can also evaluate their professors on the website Ratemyprofessor.com, where students rank their teachers on a scale from 1-5. There are 172 Castleton professors with ratings. Some of the highest ranked professors include Chris Shwaner and Patricia Gordon. However, students weren't quite as generous with their ratings for others.

And there are some students who simply aren't too picky about their professors.

"I just want my professors to return my work quickly, upload their PowerPoints onto Moodle and answer their freakin' emails," said environmental science student Mason Brown.

Oscars have gotten away from artistry, sadly

By Stephen Andolfo
Castleton Spartan

With the dust from the Golden Globes settling, it's time to turn our collective consciousness to the Academy Awards.

Last week, the nominations for the 87th annual Academy Awards were announced and on Feb. 22, we will all be sitting down to watch someone get played off stage just as they were getting around to the good part of their speech – you know, the part where they drunkenly call out all the people that said they would never make it, and have to be ushered to the correct side of the stage to exit.

While some will be glued to their televisions, those who have been vocal in recent years about the predictable, milquetoast choices for best picture, actor, director and screenplay will be grumbling silently with discontent.

I can't say I blame 'em. For example, 'The Lego Movie,' a film that by all accounts deserves to be at least included with the best animated feature nominees, isn't considered. Yet a film like 'Big Hero 6,' which, yes, was a fun movie and cool to look at - but didn't have the levels of context that 'The Lego Movie' had, is.

But because 'Big Hero 6' was the closest to a Pixar film this year, the superior film is ignored. If these are supposed to be awards given away for the decidedly BEST films made during the year, shouldn't the artistic gravitas of a film count? Yes, I started my "the Academy doesn't base their nominations on artistic merit" argument with a flippant reference to the deeper contextual meaning of 'The Lego Movie.' Don't panic, I have other examples.

Somewhere between the inception of the Academy Awards and now, the awards show has turned into a lavish spectacle of dull predictability. The films for best picture, save for 'The Grand Budapest Hotel,' (a beautiful and fantastic film) were picked by Hollywood insiders *months* ago as the front runners and what the production houses are going to be campaigning come Oscar time, (*Yes, actors and production companies campaign for awards. Google Jennifer Anniston, Cake + Oscar).*

The nominations for best picture may be unknown to some, but yes, These films were in theaters! With the exception of the recently wide-released American Sniper (which does not deserve it, but will win best picture), most were rolled out in small theaters or in limited cities for limited runs. Others made the film festival and small awards circuit while gathering "buzz" and being lauded as "Oscar bait."

The nominees for best film ***are*** good films…'Birdman,' 'Whiplash' and Wes Anderson's 'Grand Budapest' are my dogs in this race, but I don't expect a win. Let's face it, 'Whiplash' is a tight thriller about jazz drumming, which, due to superb editing, works so well that a friend of mine had an anxiety attack while watching it - but that's not exactly "wide audience appeal." The same goes for Michael Keaton and 'Birdman.' 'Birdman' is a wonderful, ethereal, allegory for what we as consumers do to actors like Keaton when they get too "old" and typecast. 'Birdman' is a showcase for what Keaton can do. Even if he doesn't get the win, I hope it leads to more Keaton in '15! (Here's me holding out for 'Multiplicity 2'!)

All that being said, my one elitist gripe is that the moving and brilliant 'Obvious Child,' written and directed by first timer Gillian Robespierre, wasn't even considered for best screenplay. 'Obvious Child' is an excellent story centering on a one-night stand that leads to an abortion and the impact it has on the fantastic Jenny Slate who plays a newly single 20-something comedian in NYC. Special because it isn't preachy or 'indie-cute' like 'Juno,' it's real and honest, which should make the film unforgettable (Unless you are the Academy, I suppose).

For me, It comes down to the simple fact that what the Oscars should be is a celebration of the absolute best in film and I find it disheartening that the award program for the artistic medium I love, hasn't been about the art of film in a long time. The Academy Awards now is a night where Hollywood gets to self-congratulate and count money. Then again, it doesn't mean I'm not going to watch the program and yell at the screen when a film I liked didn't win.

Nominated for Best Picture:

'American Sniper'- Director: Clint Eastwood

'Birdman' or ('The Unexpected Virtue of Ignorance') - Director: Alejandro G. Iñárritu

'Boyhood'- Director: Richard Linklater and Cathleen Sutherland, Producers

'The Grand Budapest Hotel' – Director: Wes Anderson

'The Imitation Game'- Director: Nora Grossman

'Selma'-Director: Christian Colson,

'The Theory of Everything'- Director: Tim Bevan

'Whiplash' – Director: - Jason Blum

Students love and hate their cars

By Ruby Bushey
Castleton Spartan

On a beautiful summer day about a year ago, senior Elise Hussa was ecstatic. The Castleton junior just bought her first car – a boxy 1991 Chrysler Labaron with blue velvet seats – for $700.

While traveling 15 miles and less than 20 minutes to her boyfriend's house in Sparta, N.J a rock flew up, hit the windshield and cracked it. Then it started to downpour and Hussa realized her windshield wipers didn't work.

But despite those early hardships, she can't say enough about her bond with that old car.

"I love my car. Her name is Nancy. It is one of a kind, you don't see it very often," Hussa said. "It was a great car for college. If it dies when I graduate, it was only $700. Well worth it."

To some students at Castleton College, their cars have become a friend, like "Nancy." To others like freshman Cam Dodge, however, their beat-up cars are just a form of transportation.

Cars can be special for those like Seldon Hill and Corey Alberico. But they can also be a nuisance, like for recent grad Molly DeMellier.

Although Jeeps tend to be gas guzzlers, junior Sara Novenstern said she just loves taking her Jeep, named "Cherry Popper," out for road trips.

"Poseidon (her fish) joins me, and keeps me company on my drives," she said "He is a very worldly fish."

Novenstern, a photographer for *The Spartan*, also enjoys taking pictures of her Jeep and "doing stupid Jeep things." "I like puddles, mud, and snow," she said.

Although she's not crazy about the cherry red color, the guy who sold her "Cherry Popper" gave the interior a bit of a makeover.

"There is an awesome sound system, so I can play my music, and there are lots of other cool features that I don't even know about," she said. "It was a great price with some fancy features. Jeep gang for life."

Some students are fortunate enough to have hand-me-downs from older siblings or grandparents. Some receive a car as a gift on Christmas, graduation or their "sweet 16." One student even won his car.

As a senior in high school Seldon Hill mailed in his report card to the Burlington Subaru and Hyundai dealership in exchange for tickets that would go into a raffle for the Drive for Excellence contest.

For every A on a student's report card, they got two tickets. For every B, they got one.

Out of more than a thousand tickets, Hill's was chosen and he got a letter in the mail stating that he was a finalist and was given a date to attend the raffle along with 74 other randomly chosen finalists. Hill was given 25 tickets in the raffle and was competing against other finalists, each holding a different number of tickets.

"I held my strip of tickets up and as each number was revealed my winning ticket was the last ticket to the right, the end," he said.

He won, and shortly after getting his 2013 Subaru Impreza, he started improving it. He added a JVC head unit stereo with a 1000-watt Kenwood amplifier and a 12-inch Kenwood subwoofer. A red LED under glow light system in the interior was the next upgrade and four black Rally Armor mud flaps were next.

"My car is special to me, knowing that four years of working hard in school got me this car," Hill said.

Corey Alberico also has a 2013 Subaru Impreza, but his came from working for a construction company doing demolition projects in Massachusetts for $14 an hour a minimum of 40 hours a week.

Alberico started out driving a 2006 Chevy Avalanche, but after a couple years of an empty wallet thanks to the 30-gallon gas tank, it was time for a vehicle with better gas mileage.

SARA NOVENSTERN/ CASTLETON SPARTAN

Sophomore Owen Fellows shows off the smashed-in side of his car.

Alberico has since installed an access port, a rally innovation light bar kit, Hella brand lights, Rally Armor mud flaps, Hella brand super tone horns, a SPT exhaust system, and an Invidia down pipe.

Alberico's Subaru can easily be recognized by the giant "Subieflow" sticker pasted on its front windshield.

"I love my car, especially because it goes fast," said Alberico. "But it is special to me. It is all-wheel drive, which makes for excitement in the snow because it makes doughnuts much for fun."

But new cars on campus are pretty rare.

Freshman Cam Dodge bought his 2000 Honda Civic off of Craigslist for $2,000 his junior year of high school.

"It's all right. I dirty it up and trash it sometimes, but it gets me places. We have a love/hate relationship," Dodge said.

The back bumper is held on by eight zip ties, and the air conditioning doesn't work, so summers can be a struggle. It is also easily recognizable by the massive dent in the driver side door.

Last summer, Dodge was driving through his small town in Northern Vermont when a cow pasture fence broke and one cow escaped. While driving cautiously through the herd of cows that ran loose, one cow came too close to Dodge's car and kicked the driver side door, leaving the hefty dent.

At the end of last semester, senior Molly DeMellier said she was looking to sell her car after graduation in December. "Chevy" the Chevy was given to her during senior year of high school after her sister refused to drive the "Purple People Eater," as DeMellier calls it. The 2006 two-door Chevy Cobalt, she said, is getting to the end of its life.

The "Purple People Eater" or "Chevy" was well known at the Norwich, N.Y. high school where the school color was purple.

"We were the purple tornados. I owned purple pride Friday," she said.

"I wish it was a different color, with more doors. There are no power locks or power windows," DeMellier said. "But I definitely have a strong left arm from rolling the window down so much."

DeMellier has had quite a few adventures with "Chevy."

Last winter, she discovered her battery was in the trunk. After her car died, she spent two hours on a cold winter's night with the tow truck guy. "The tow guy of course wouldn't listen to the 21-year-old girl suggesting we check the trunk."

But knowing where the battery was would later come in handy. DeMellier would frequently have to retrieve the jumper pack from Public Safety and jump her car every time she wanted to drive.

"I would jump my car, then run my errands and jump it again. After digging around in my trunk and jumping my car in the Shaw's parking lot in Fair Haven, I received a lot of strange looks," she said with a laugh.

A strange cricket noise recently began to add to the personality of the car, DeMellier said. "I drive around with Jiminy Cricket now."

DeMellier said she had a good run with her car, but she's ready to see it go as she heads off to graduate school in New York to trade her license with a subway pass.

"I can't wait," DeMellier said. "Subways aren't purple."

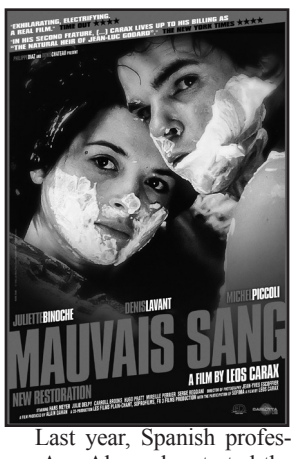
New professor establishes French Film Festival

Catherine Twing
Castleton Spartan

Ever heard of *Ida*, *Force Majeure* or *Venus in Fur*? If you're like most Castleton students who were asked this question, you probably haven't.

They are foreign films shown mostly at art-house and foreign language theaters: two things uncommon in Vermont. But through the use of a Tournées grant from the French Ministry of Culture, communication professor Michael Talbott hopes to expose students to this kind of art.

"The point of the grant is to allow college campuses to screen these films," Talbott said. He explained that the organization is connected to the French Embassy and works to increase cultural awareness on college campuses.



Last year, Spanish professor Ana Alexander started the process with a Spanish film festival.

"It was a good introduction for our college to start learning more about world cultures," Alexander said. "We saw the commonalities between different cultures and also how we are different."

The conversation had by attendees was what made the festival great, according to Alexander.

"We had some good laughs and also some very serious discussions," Alexander said. The films ran the gamut of genres. The upcoming films will follow suit, ranging from romantic comedy to animation and everything in between.

Although the Tournées grant is from a French organization, the films are from around the globe. In total there will be six shows taking place on Tuesday and Thursday nights starting March 3. All screenings are at 6 p.m. in Herrick Auditorium and completely free.

Talbott, clearly passionate about this opportunity, said film festivals have a fun atmosphere he hopes students will get the chance to see.

"I have experience studying film festivals, teaching about film festivals. I've been to a dozen or so," Talbott said. "It's a great alternative exhibition site."

PHOTO CONTRIBUTED MICHAEL TALBOTT

A scene is shown from "A Screaming Man," a film included in the upcoming French Film Festival.

He hopes students will learn to see film as more of an event than just a way to pass time. Several professors have worked the festival into their syllabi to encourage students' attendance.

Junior communication student Jimmy Britt is required to attend at least two for his sociology class taught by professor Melinda Mills.

"I've never been to a film festival," Britt said. "I want to say I know a fair amount, but I don't think I do."

Britt took Intro to Film Studies last semester and had the chance to watch several foreign films in the class. He said he likes to watch films of any genre and looks forward to attending more than just the two required if he has time.

Both Talbott and Alexander hope to make this a reoccurring event and bring even more foreign films to Castleton, such as shows from Bollywood, Italy or Germany.

"We might be a little college, but we're pretty culturally diverse," said Alexander. "It's a great opportunity because we do not have an art theater house. I hope the students will come, and I certainly hope it will be well received."

Students to get involved with Ethiopia

Continued From Page 1

Fast forward two years and Born Free Foundation Ethiopia was officially established and began helping to support the conservation and welfare of the wild animals in Ethiopia.

The center officially opened in 2011 and is located on the outskirts of Addis Ababa. The center is called Ensessakotteh – A Wildlife Rescue, Conservation and Education Centre.

This center is the first of its kind in the region and has proved to be very helpful and necessary. Since it was opened, over 40 orphaned, injured or confiscated wild animals have been rescued. These animals include owls, eagles, tortoises, lions, cheetahs, amphibians, hyenas, mongoose and primates, Singiser said.

Singiser described the center as being about the size of Castleton's campus. With huge enclosures, they imitate to the best of their ability what the animal's life would have been like in the wild.

This past Christmas, Singiser and her children went to visit Rushing, who is still in Ethiopia. They also got a chance to see the center open and running smoothly.

"It was almost impossible to believe that something that started all those years ago turned into something so big and permanent," recalls Singiser. "In the beginning we just wanted to help, you know?"

Now that the center is up and running, Singiser has another goal in mind. She wants to build a relationship between the center and Castleton College.

Ensessakotteh is adding a large environmental education center. This new addition to the center will bring local children and adults to the sanctuary to teach them about the wildlife in their country.

Singiser and the staff of Ensessakotteh envision education majors from Castleton coming to Ethiopia to help create a curriculum for environmental education.

Students interested in environment studies, conservation biology or botany could be helpful as well. Singiser has ideas of creating an alternative spring break program for interested students to travel to Ethiopia and help out at the center.

President Dave Wolk is very supportive of Singiser's collaborative arrangements between Castleton and Ethiopia.

"I admire Debbie Singiser very much," said Wolk. "This idea fits perfectly with our efforts to better connect Castleton students with the global community."

Looking back at the last 10 years, Singiser is amazed.

"This project is a good example of how when people work together they can accomplish all sorts of things," she said. "I don't want to take all the credit. So many people did so much work."

"It is truly a testament to a ton of different people. I really hope we can connect those people with students from Castleton," Singiser said.

Wolk hopes so too.

"This connection would allow our talented students to continue to make a difference in the world," he said.

PHOTO CONTRIBUTED BY DEBORAH SINGISER

Deborah Singiser's daughter interacts with a cheetah during their family trip to Essessakotteh Wildlife Rescue.

Castleton student donates books

PHOTO CONTRIBUTED BY MONICA MCENERNY

Education student Shelly Audette and Castleton Elementary Principal Kathleen Kilbourne pose with books donated for a book drive organized by Audette in December.

This day in history Jan. 26 1982

Yes, that is Bob Gershon! --->

Allo Elected

John Allo (right) directs first WIUV meeting as new station manager.

by Michael Bassett

WIUV has rearranged its Executive Committee due to the recent resignation of Station Manager Dennis Schear. At the January 14 WIUV staff meeting, Program Director John Allo welcomed back staff members and new D.J.'s for another semester.

Allo began with the first order of business: the selection of a new station manager. According to the WIUV Constitution, "In the event that a station manager resigns or leaves school, at the next regularly scheduled meeting, nominations will be received and an election shall take place."

Student Association Vice -President Gina Bogdahn attended the election, acting as moderator and started the nominations. John Allo was the first nominee for the position. Keith Becker was named second, but declined due to studies and time availability.

Bogdahn tallied the votes and John Allo was promoted from program director to station manager. Allo then proceeded to appoint personnel to new positions: News Director Keith Becker was named Program Director, Sports Director Dan Turkeltaub was moved to News Director, and former disc jockey Don Wells was appointed Production Manager.

The rest of the meeting dealt with new D.J.'s and the upcoming change from ten watts to 100. WIUV is now conducting screenings for new D.J.s who will be required to fulfill a five-part training period before receiving a show.

Keith Becker stressed that both current and new DJs should not just do their weekly show, but should get involved and learn how the station really functions. Becker concluded by saying that if the staff did not work together, WIUVcould become "a nice little ten watt station that tried but never made it."

Parts for the 100 watt transmitter have been held up in Wisconsin because of the current weather conditions. Until they arrive, WIUV will continue to broadcast at ten watts.

SA Wants Computer

by Patty Ryan

Castleton State College Senators unanimously passed a motion presented by Treasurer Nick Gulli to buy a TRS-80 Radio Shack computer for Student Association business.

Funding for the new computer will come from a surplus in last year's SA budget and an anticipated surplus this year. Gulli was eager to have the senators pass his motion. He said the Vermont State College system could absorb money surpluses held by a student association, but would not take equipment. "Let's spend it first," Gulli said.

The TSR-80 computer is a mini computer designed to handle the files, accounts, and important office information of a business. The SA would use the equipment for listing events to be published on the *Castleton Calendar* which students receive in their mail boxes each week, for bookings and business. Clubs, which receive a monthly financial report of their spendings and balance, will get more detailed reports with the coming of TRS-80.

Senate Chair Scott Rogers suggested students should be allowed to use the equipment. Although no definite guidelines were set, the Senate was in general agreement. Campus Center Director Victoria Angis advised the Senate to also approve a $169 attachment that would allow hook-up to the other campus computer equipment. This addition would give TSR-80 the capacity to handle class assignments in computer programming.

Gulli said final approval for the computer will come from Chancellor Richard Bjork, who must approve all computer related purchases over $500. "President Meier said he's (Bjork) been approving any kind of computer requests," said Gulli.

SAGA Food Service was also a topic at the January 21 meeting. SA President Penny Beaulieu suggested the Senate look into SAGA's contract. Regular customers of SAGA (all dorm residents are included) can buy either a 13 or 21 meal plan. The person who buys a meal ticket is the only person who can eat the meals. Beaulieu wants to investigate the legality of this policy. She said "If you want to give one of your meals to somebody else why should SAGA care? You've paid for it."

Rogers informed the Senate that Governor Richard Snelling has proposed a large tuition increase for next year. Rogers said a 16 per cent instate and 18 per cent out-of-state increase was suggested.

Gershon Will Head Communication

by Beth Hanscom

It is only logical that Dr. Robert Gershon would become the new coordinator of the communication program, as he is the only 'all-time professor who's course load consists solely of communication classes. Gershon took over as the program's director at the end of last semester.

When asked about the program, Gershon explained that there will be changes made. He noted, however, that while these changes will affect all future communication majors, current students will be affected only by their own choice.

A major addition to the communication program is that of a fourth concentration; one which Gershon is convinced, prepares students for a more diverse career. The new specialization is entitled "Corporate Communications." It is stated in the formal proposal that there is a distinct need for such a program. "Only 8.2 per cent of respondents of a 1980 survey of non-broadcast media managers believed colleges and universities adequately prepare graduates for non-broadcast media."

Dr. Robert Gershon. photo by Monk

Speaking about CSC's present communication program, Gershon said it is good. "I think it in some ways has the typical advantages and disadvantes of Castleton in general...which is that there isn't a large number of faculty to teach a large number of courses. And our equipment is minimal."

"But in general, what equipment and faculty we have is far more accessible."

Gershon pointed out that while CSC students can easily log seven editing hours in one week, larger schools can only offer the same number of hours in a single semester.

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Powell to Run

by Richard Sgorbati

Phyllis Powell has announced her candidacy for Student Association Vice President of Academic Affairs.

Powell has been serving as interim vice president replacing Pat Joy who resigned last semester. She has previously served on the Senate Club Committee and helped organize the Used Book Co-op. She is presently involved in organizing students to serve on student-faculty committees.

"My main goal now is to get to know the faculty better," Powell said. Her job is to gather student concerns on curriculum, faculty, and in other areas of academic interest. One such issue or concern in which the SAwas directly instrumental was in the plans to install lockers for commuting students in the Campus Center. Powell said that after talking to and polling commuters, the SA realized there was a definite need for the availability of storage for commuters.

When asked to respond to the charge that many students feel the SA is powerless, Powell vehemently disagreed. She cited the dances and movies sponsored by the SA and the reinstitution of the plus-minus grading system as evidence of SA power.

Powell is excited about the student government and feels that the present government works well. She would be opposed to a more representational government based on representation by department.

She doesn't see any inequality in the way club funding is disbursed because the budget is channeled through and decided on by the Finance Board, the SA Executive Council, and then goes back to the Senate for final approval. She does not feel that the government could use departmental representation because, for example, the nursing students just do not have the time to get involved in government due to their strenuous academic demands. Powell feels that there is no imbalance of power in the government and that everyone involved has the student body's interest at heart.

Powell is a sophomore and is majoring in Spanish with a business minor.

Seniors worried about attendance issue for Soundings

Continued From Page 1

Due to all the confusion, the attendance system will be going back to basics this semester. Students will line up after an event to have their name checked off of a paper list. While this may seem tedious, it limits the opportunity for error and simplifies the process for the Soundings staff so that student can get their questions sooner.

"With taking attendance by hand and by section, it eliminates the hassle of searching for unknown numbers," Hall said. This also eliminates the guessing about which Soundings course each student is in, since they will be lining up at the corresponding table.

Another change last fall that caused confusion in the Soundings world was the shuffling of roles.

"Our Soundings Manager [SallyAnn Majoya] remains on an indefinite leave so we've been splitting up the duties," Cowden said. Cowden noted that Fine Arts Center secretary Ashley Haggerty stepped up into new capacities and has been a tremendous help.

The Soundings staff for this semester includes, Rich Cowden, Sherrill Blodget, Monica McEnerny, Lauren Olewnik and Robert Wuagneaux.

Their goal is to host events that interest students, making it a "get to go" rather than a "have to go" kind of thing.

"Our students come to us as first years without a lot of background in cultural events," Cowden said. "If something is new and foreign, of course you'll respond negatively. We want to create a culture where everyone is excited about what's going on with Soundings."

Cowden and the entire staff are looking to students for event ideas. They want the semester's list of events to "remain as diverse as it is now, but with a little more pop."

All students and staff received an email from Cowden explaining how to suggest events using a Soundings proposal form. If a student suggests an event, then they will have the opportunity to work with administrators to bring the performer or speaker to campus.

According to box office staff, Soundings students will have a week to complete their responses. Even so, some students think that the biggest Soundings distresses are being ignored.

Pratt, and many other students like her, think Soundings should go back to the way it was before when students answered the questions at the event.

"Responses aren't that big of a deal, they're only three or four sentences, but it would be easier if they were done right there on the cards," Pratt said.

Junior Julia McIntyre believes students should not have to answer a question at all.

"When you tell students from other places about the Soundings program, it sounds cool to go to all these events for free, but I don't think they realize there are assignments to go along with it," McIntyre said. "The work takes away from the appreciation of the event. You go to do the assignment, you don't just go because you find it interesting."

R

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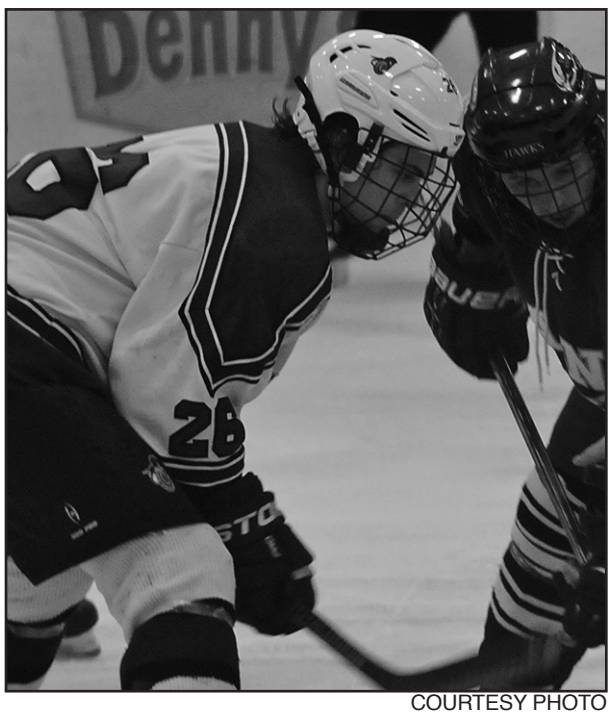


COURTESY PHOTO

Will Laking takes a faceoff against a Saint Anselm center, Sat. Jan 24 in an ECAC game.

Laking ignites third period comeback against Saint Anselm

By Andrew Cremins
Castleton Spartan

Spartans men's hockey team forward Will Laking sparked a five-goal comeback win in the third period against Saint Anselm College Saturday night that ended with a 5-2 score.

It was the first win for the Spartans since their Jan. 3 3-0 victory on the road at Salve Regina.

"It was a huge win for us," Spartans Head Coach Steve Moffat said. "We had a bad game last night. Practices weren't great during the week and it showed."

Castleton started off strong playing a competitive game and keeping the game tied at 0 through one and a half periods. That's when Bryan Sullivan of Saint Anselm, found twine on the power play. The score remained 1-0 heading into the second intermission.

Just two minutes into play to start the third, the Hawks' 6'2 senior forward Sean Jenkins cashed in on what was looking like the potential game winner for Saint Anselem, taking advantage of a bad line change.

Nearly five minutes later, though, the Spartans began a string of goals - started by junior Will Laking - that would ultimately send them home happy campers.

"I would give all the credit to my line mates. Mack handed me a tap in front of the net for a chip-in," he said of his second goal.

Castleton's Kurt Johnson added to the score roughly four minutes later. The Hawks continued to battle, but the Spartans had another answer with their fourth unanswered goal by Trevor Hanna. Ryan Frost capped it with an empty net goal.

"This is exactly what we needed moving forward," said Laking.

Castleton currently sits at sixth place in the ECAC conference standings. Goalkeeper Ryan Mulder explains the importance of seeding.

"It's really important. Obviously if we play our game, I think we can beat any team in the conference, but getting the fourth seed would guarantee a home playoff game, which is our goal. Hopefully after this big come from behind win we can get on a nice roll. Having momentum going into playoffs is important."

The Spartans improve to 6-12 overall and 4-7 in ECAC conference play. They have a tough next few league games – two of which are against first-seeded rival Norwich University and second-seeded UMass Boston.

CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

Castleton's Rachel Bombardier and Molly Howard don pink uniforms while battling for a loose puck during Saturday night's "Pink the Rink" game.

"Pink the Rink" more than just another game

By Mike Davis
Castleton contributor

Every team wants to win, but for some lady-Spartans, a hockey game can be so much smaller in the large scheme of life.

Over the last five years, the Spartan hockey teams, along with many Spartan supporters, have been able to raise nearly $35,000 for the Rutland Regional Medical Center and the Foley Cancer Center in the fight to prevent and put an end to Breast Cancer.

Once again these two organizations partnered up with Castleton to not only support the fight against cancer, but to bring the community, college, and other supporters together for a one-day-event at Spartan Arena in Rutland to relay the message letting people know just how serious this disease can be.

To a great number of fans, students and opposing players, this may just be another 60 minutes of hockey, but for many Spartan players like goalie Jess Cameron, it's bigger.

"This game means more than just any other game. It's for a bigger cause and we are playing for those who have been affected by Breast Cancer. We want to raise awareness and do whatever we can to contribute and help the cause," Cameron said.

The Lady Spartans once again donned their special Pink and Green jerseys against the UMass Beacons last Saturday. Once a year these jerseys make their way on the ice to represent the support, dedication and loyalty that Castleton has towards the fight against breast cancer.

"It is an unreal feeling putting on that jersey," junior Forward Taylor Steadman said. "It's not just about the jersey, it's about the meaning behind the jersey. We are privileged to play."

"It is an unreal feeling putting on that jersey. It's not just about the jersey; it's about the meaning behind the jersey. We are privileged to play."
- Junior forward Taylor Steadman

Having been on a on a three-game losing streak Castleton at (8-8-1, 3-5-1 Conference), knew it wasn't going to get any easier going up against a talented Beacon team, which entered the contest (8-5-4, 5-2-2 Conference). Knowing they needed the victory, what were the Spartans look forward to entering this event and game and what will they have to do to secure a win against a well-coached Beacon team?

"I'm looking forward to seeing our team overcome adversity and work together this weekend," Cameron said before the contest. "UMass is going to give us a good game and I'm looking forward to seeing our team battle for the win, how much money we were able to raise, and all of our fans dressed in Pink for the cause."

The Spartans delivered money from their jerseys and a 2-1 win on two Anna Daniels goals.

For an event that has brought on so much success, hope and inspiration, a few Spartans know this will be their last "Pink the Rink" game as a Spartan. One of those athletes is senior forward and Vermont native, Molly Howard.

So just what will she miss the most about this special experience?

"Even though I will miss a lot more than just this event, I would have to say the feeling it brings. When we deliver the donation check to the hospital, it's a pretty amazing feeling to know what you've accomplished in the last four years being here."

Murray goes pro

By Owen Fellows and Andrew Cremins
Castleton Spartan

When college students graduate, their goal is pretty universal: to get a job. For Castleton State College alumnus Colin Murray, it's plausible to say his job is every young aspiring athlete's dream come true.

Murray is playing for the Evansville Icemen in Indiana – and being paid to do so. The team is part of the East Coast Hockey League. The ECHL is two levels below arguably the most premiere hockey league in the world - the NHL.

"I love it," Murray said. "It's a grind because of so much turnover and it's hard to keep a job because it's so competitive."

He played forward for the Spartans from 2011 until 2014, accumulating 30 goals and 39 assists in 85 games played.

"[He has] all the tools. He skates well, good hands. A man amongst boys at times," head coach Stephen Moffat said about his former goal scorer. "I think that's what attracted him to the next level."

Of course, as expected there are some stark differences between college and pro hockey, from the style of play to differences in player caliber.

"It was more run-and-gun at Castleton, but more systematic here," Murray said. "Skill -wise things are faster, but the game is slower … players are more conditionally sound."

The ECHL is an incredible accomplishment, but is the NHL too high of a goal?

"It's all about timing and chance. You play and hope to get called up. There's a lot of good players that are waiting on their chance," said Murray.

Murray has played for two different teams so far in the 2014-15 season; the Kalamazoo Wings and currently the Evansville Icemen, both of the ECHL. He has eight goals and six assists in 25 games played.

Murray was lauded on the Evansville Icemen website, saying he made an "immediate impact" upon his arrival.

He recorded an assist on his Dec 12 debut against Fort Wayne. In addition, he notched his first multi-point game on Dec. 20 with a goal and an assist against the Reading Royals, the website reads.

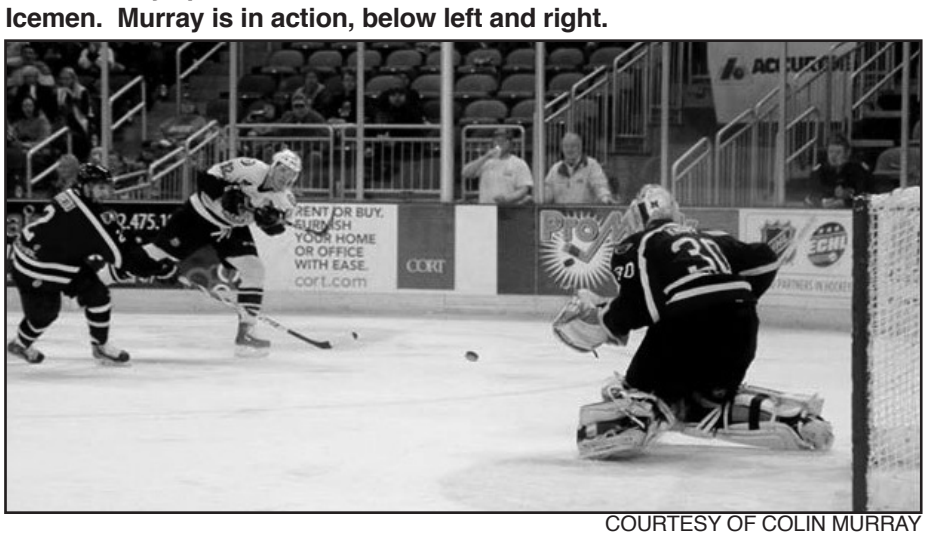
Murray explained the split decision a hockey player has to make if he wants to go pro. In relevance to graduation, he said you have to decide whether you want to enter the workforce or continue playing early enough to prepare.

"When senior year started, I realized I wanted to play hockey for a living," said Murray.

COURTESY OF COLIN MURRAY

Colin Murray sports a new uniform as a member of the ECHL's Evansville Icemen. Murray is in action, below left and right.

COURTESY OF COLIN MURRAY



COURTESY OF COLIN MURRAY

Spartan Q&A: Brianna Keats

By Jordan Lumsden
Spartan contributor

Brianna Keats is an 18-year-old freshman from British Columbia, Canada. Keats is emerging as one of the top forwards in the ECAC East and is second of her team in points with 13 (6 goals, 7 Assists). Keats was also named ECAC East Rookie of the Week on Jan. 12, 2015. Keats is currently studying health psychology but could possibly double major in exercise science. While we know of her talent on the ice, who is Brianna Keats when the pads come off?

Q: What was it like having to come to a new country to attend school?

A: I don't know, I didn't really have any expectations. But it is a lot different like the way we say things and everything. I think it's really good to come to a different country. It was a good experience.

Q: Do you have any plans for the future after graduating? Like an ideal career?

A: I'm looking toward a being a sports psychologist or just anything in that direction, nothing really set in stone.

Q: Could you tell what your favorite candy is?

A: Probably Mini Eggs but I don't think you have those here.

Q: This leads to my next question. How is candy in Canada different than in the United States?

A: There is actually a lot of different candies just like little things like we call them Rockets, you guys call them Smarties and we also have something else called Smarties and there's a bunch of differences like that.

Q: What is your favorite game day ritual?

A: Game day ritual… ugh… well I have superstitions that I have to put all of my gear on the left side before the right and that's for practices and games. Game day rituals um, I always have to be with Steady (Taylor Steadman) before like the games and stuff and Hannah (Rose) and I have a few but I just got some this year with some teammates and stuff.

Q: Can you tell me about who Bruno is?

A: Haha Bruno… My baby boy! My favorite puppy ever. He's a chocolate lab. He's only 3 years old… just kidding he's actually 8 but I tell people he's 3.

Q: What's your favorite thing about Vermont?

A: It's very pretty. It's like a very pretty place. Vermont is a lot like B.C. (British Columbia) with the mountains and how green everything is. It reminds me a lot like home.

Q: Can you tell me about the Pink the Rink event and what that's all about?

A: Just for like breast cancer awareness. We're having a bunch of raffles. We're giving away like baskets and everything and it's like a big thing for breast cancer to raise awareness for it and like raise some money for it.

Q: Tell us something about you that nobody would know.

A: When I was seven I flew across the country (to Newfoundland) by myself. My brother went to Paris and my parents went to New York all at the same time and we ended up back at the same place at the same time.

Q: What's your goal with hockey? Olympics?

A: Not really the Olympics but this college hockey is what I've always been going for. Just to come and go somewhere for hockey and to get college out of it and play college hockey.

Q: What role has hockey played in your life?

A: Well it's kept me disciplined and taught me the ways of different things that I feel other people can't or don't have.

Q: What is your best hockey moment?

A: Best hockey moment would be making it to nationals with my hockey team (Fraser Valley Phantoms)

Q: What is your worst hockey moment?

A: I slid head first into the boards, got a concussion, was knocked out, broke my back and my wrist at the same time.

Q: How do you feel the injury affected your play?

A: I used to be a lot more grittier in the boards and like in the corners and other than that not really.

Q: What does the pink the rink event mean to you?

A: Never really played in a Pink the Rink game so I'm really looking forward to it. I think it's an awesome thing to do. We have our pink jerseys and I think it's going to be a great experience. I've never done it and I think it's awesome.

COURTESY PHOTO

Castleton State College women's basketball head coach TIm Barrett discusses strategy during a timeout in a game last year.

Our basketball, our way

By Ruby Bushey
Castleton Spartan

After 17 years of coaching at Castleton, head women's basketball coach Tim Barrett has proven his coaching philosophy to be true. But it didn't just happen all at once. It has developed over time throughout the seasons starting with the men's basketball team in the summer of 1998.

Barrett started out as the assistant men's basketball coach at Castleton for three years. But found he wasn't having much success through and when the opportunity came to be head coach of the women's team, he ran with it. After three consecutive North Atlantic Conference championship titles, and numerous visits to the ECAC tournament what is his secret to coaching?

"It is all about the process. Each season has its own feel. I haven't even brought up last year, maybe once. There are two things as an athlete that you have 100% control of, effort and attitude," Barrett said "That is the success. It is more about the players I have had, not about me."

"He does things to bring us together as a team. He will try to irritate us to make us work harder for us and not him," said Lindsay Sabo, sophomore guard.

The roster this year consists of seven new freshman and outstanding leadership from the returning players including senior forward and Captain, Meghan O'Sullivan. This is O'Sullivan's fourth year with Barrett.

COURTESY PHOTO

Senior Jade Desroches attempts to avoid defenders in a home game against Maine Farmington on Jan 23.

"Even from my recruit visit, it has been more pleasurable here than any other school I looked at. He is helpful and friendly, he is extremely knowledgeable and holds us to high expectations," said O'Sullivan.

The team hit the ground running starting this past summer with the help of O'Sullivan and junior guard, Bryanna Dupont. Barrett asked his veteran players to keep in contact either through social media or in person with new and incoming freshman recruits. Each veteran had a couple different girls to be their "buddy."

"Being a commuter makes it hard to connect with the girls but as you spend more time together you get closer," said Taylor Raiche, freshman guard. "We started right in the summer and spent almost every day together, practice, workouts, and going to Huden," said Morgan Raiche, freshman forward. The two identical twin guards came in as freshman this year from just a few towns over in Ira.

"They established good relationships off the court as well," said Barrett. The women's basketball team has not only succeeded on the court, but off the court as well. "As long as they work hard as an athlete and a student success will come" said Barrett. For three consecutive years the team has also held a team GPA of 3.5. For student athletes that is an incredible goal to reach.

On the court the team keeps a positive attitude by picking each other up, working hard for one another, and being honest with each other. As long as each individual can hold each other accountable and be honest, a team's bond can be one of the most crucial pieces to a successful season.

"Rosters change every year, I have been fortunate enough to have a lot of talented players come through the women's program. Which has helped lead to our success" said Barrett.

"Coach is stern to his philosophy and holds us accountable because he expects a lot," said O'Sullivan "He focuses on organized fundamental basketball, because the wins will come."

Ask any of the players on the team what Coach Barrett is known for at practice, and their response will be that the word WIN is almost never used.

"We have a lot of success on defense as we are primarily a man to man team. Executing on offense is important, but when you stress the things you want to take care of like rebounding and defense the wins will take care of themselves," Barrett said.

As the season begins to creep closer to playoffs, the wins continue to take care of themselves. But it is quite bittersweet for some.

"I am really thankful for the playing time I have had, and how much I have improved. I will be hard to leave," said O'Sullivan. "There is nothing better. It is an honor to go into senior year with no losses."

Men's basketball season is turning around

By Isaac Devoid
Castleton Spartan

The season appeared lost for the Castleton men's basketball team after losing four-straight games and falling to a 4-7 record.

However, the Spartans have recently hit their stride, winning their last four games against conference opponents.

But what has provided the spark for the Spartans in the last four games?

Head coach Paul Culpo feels the changes have not been very complex.

"Shrinking the rotation and simplifying things has really impacted the team positively," he said.

Numerous Spartans have stood out during the winning streak.

Shooting guard Rob Coloutti has played a significant role in the dynamic Castleton offense in the past five games, averaging 18.8 points per game in the stretch.

Coloutti has also been brilliant from behind the arch shooting 40.7 percent this season.

The Spartans have also been efficient in the paint.

Forward Chad Copeland, who has paced the Spartan offense throughout the season, has spearheaded this effort.

Copeland has averaged 18.4 points per game this season with an impressive field goal percentage of 54.5 percent.

But it is not just the upperclassmen contributing for the Spartans.

Freshman Pavin Parrish has quarterbacked the Spartans with a team high 4.4 assists per game. Parrish can certainly distribute the ball, however, he has also displayed his scoring abilities.

In an 84-72 win over Lyndon State, Parrish led the team with 22 points.

Culpo is excited to see the emergence of such a young player.

"Pavin has been controlling games at the point guard slot," he said.

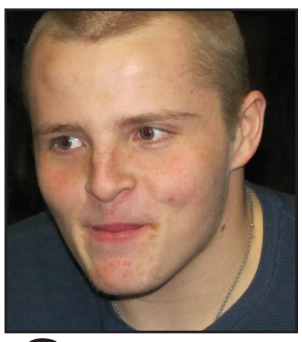
The unsung hero thus far has been Doug Krouse, who has led the team with a field goal percentage of 63 percent.

Krouse has given the Spartans a great lift off the bench, said Culpo.

The Spartans look to keep their winning streak in tact on Jan. 30 when they face off against Husson in Glebrook Gymnasium.

SARA NOVENSTERN/CASTLETON SPARTAN

Carnelius Green goes in for a dunk.



Sports Talk

with Andrew Cremins

It continues to amaze me how envy can abolish one's ability to think level headed these days. I mean really, though, we can all think of a few scenarios to which this applies.

The eyes and ears of the NFL have all been on New England Patriots Head Coach Bill Belichick and quarterback Tom Brady for allegedly deflating footballs before or during their AFC championship game versus the Colts, which they dominated 45-7. Critics dubbed this crisis "deflategate."

There are two things to address here: 1) The use of "deflated" footballs having impact on the final score of the game and 2) The sheer ethical implications to be examined as a result of these allegations. These have been the main themes in the media regarding this situation.

If you didn't tune into Sunday's massacre of the Colts, long story short, the Pats could've played with "soap" instead of a football that game and it wouldn't have impacted the deciding winner or loser, according to Colts tight end Dwayne Allen.

Brady finished 23 of 35 for 226 yards passing, accompanied by three touchdowns and an interception; not a bad day for the three time Super Bowl winner.

However, it was the ground game that made the difference for New England. LeGarrette Blount ran for 148 yards on 30 carries (with a key offensive lineman out due to knee injury). For a defense that could barely stop a nose bleed in the Colts all regular season, it was to no one's surprise New England ran past them convincingly.

Sure you can say Brady had a fantastic game because they had an advantage with deflated footballs, but anyone who has an inkling of football knowledge understands the relief a quarterback gets for the passing game when there is an established run game (Blount's 148-yard performance). Basically you could have thrown in Tony Romo or Andy Dalton and *they* probably couldn't have even screwed that one up.

Deflated or not, Blount could have held cinderblocks as footballs and still had time to get to through the hole and gain a handful of yards each attempt. The only real advantage of the deflated balls was to the passer and receivers, but more so for receivers as catching is made easier.

So we know it wouldn't have mattered if the pats used soap as footballs in impacting the final result of the game, but I suppose we should look at the "ethical implications" of this whole mess.

The NFL's ethical policies have been nothing short of sketchy. From the use of performance enhancing drugs by players, numerous assault and even murder allegations, point shaving, players given poor financial advice leading to debt, and so on and so on and so on. And now the cameras have decided to focus all attention on deflated footballs.

Regardless of anything that happens from all of this, what is most sad is the opportunity lost. The Seattle Seahawks and New England Patriots are playing in the biggest game for arguably this country's most coveted sport.

The Seahawks have been talked about as having possibly the best defense of all time while the Pats have remained the winningest team in the NFL since 2001. We have a chance to be part of history in appreciating this game for what it could be or waste our time being over analytical about a few footballs.

Students are off to Cuba! -Page 3

News of missing snake travels fast! -Page 4

Castleton Spartan

CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

Wednesday February 25, 2015 CastletonSpartan.com Castleton, Vermont

Castleton gets serious about tolerance

By Catherine Twing
Castleton Spartan

When most people think diversity, they probably think in terms of race and ethnicity. A recent survey, however, set out to see how Castleton College deals with diversity and inclusion on many different levels.

Assistant Director of Admissions Raphael Okutoro explained at the Feb. 12 presentation of the survey's results, "this is the first time Castleton has set out to do a campus climate assessment."

Dean Ingrid Johnston-Robledo quoted A Pennsylvania State University professor defining campus climate as "the current attitudes, behaviors and standards of faculty, staff, administrators and students concerning the level of respect for individual needs, abilities and potential."

The event, held in the 1787 Room, was titled "Beyond Yik Yak: Talking Diversity at Castleton." The title refers to a series of anonymous posts on the social media app about white supremacy. This occurred in early January, sparking a lot of fear and confusion.

"I think it's a minority of people who use it for those negative purposes," Johnston-Robledo said. She added that she encourages advocacy and hopes students will down-vote hurtful posts instead of jumping on the bandwagon.

The inclusive excellence survey, sent to students, staff and faculty last fall, measured how participants viewed diversity at Castleton beyond race and ethnicity to include gender, sexuality, weight, and age differences among the campus community. Created by a subcommittee comprised of students, staff and faculty, the goal was to discuss what diversity looks like, or at least start a dialogue about what diversity should look like on this campus.

"I think this is the first time we've done that," Johnston-Robledo said. "People have said that filling out the survey has been eye opening. I've had staff, faculty and students say it was a learning experience."

A video was shown of South African comedian Trevor Noah called "That's Racist-Tacos" to explain how small cultural differences can actually be very offensive to different groups.

For the most part, participants rated the climate at Castleton as inclusive, but some respondents reported experiences of discrimination, primarily in the form of comments or exclusion on the basis of gender, weight and age.

Johnston-Robledo pointed out the homogeneity of the sample is representative of the demographics on our campus.

Of the 458 survey participants, 87.1 percent were white, 93 percent were U.S. citizens and 86 percent were heterosexual. Because of this, the sample was neither random nor ideal.

While there is always room to improve, Johnston-Robledo sees that Castleton is already headed in a good direction.

"We put such a heavy influence on civility and respect," Johnston-Robledo said. "We have a really strong foundation to start with."

Continued on Page 6

New scholarship in memory of Jamis Lott

PHOTO CONTRIBUTED BY CALLIE GINTER

Jamis Lott was a former Castleton art graduate who was murdered on Nov. 17, 2014.

By Kaylee Pratt
Castleton Spartan

Kind, dependable, nurturing, idiosyncratic, docile and calm were just a few of the many words used over and over to describe the kind of person, friend, student and family member Jamis Lott, a former Castleton graduate, was.

"He had such an impact on the community," said Donna Ginter, who lives in Lott's hometown and is very close with his family.

On Nov. 17, Robin O'Neil, the ex-fiancé of Lott's father, allegedly shot and killed both men while Lott was visiting his father in Townshend, Vt., police said.

Now, friends and family have come together in loving memory of Lott to support his family – and support future college students in his name.

Starting in the Ginter residence was the idea of a scholarship that would help celebrate Lott's life. Since then, Donna and her son Pete Ginter, have been going door-to-door telling Lott's story and asking for donations for what is now called the Jamis Lott Foundation Scholarship.

So far, the process has been going very well, Donna said happily.

She has been working with Liz Garside, director of annual fund and donor relations at Castleton, to set certain qualifications for the scholarship. As of right now Garside said the scholarship will be for a fine arts student with financial need and it will be available for the fall of 2015, but further standards still need to be decided before everything is set.

She also said if anyone would like to make a donation or contribution to this scholarship fund, they just need to send an email to or get ahold of the alumni office.

Lott graduated in 2011 as an art major at Castleton and an editorial cartoonist for *The Spartan*.

Former art professor Bill Ramage had the honor of getting to know Lott particularly well, not only as a student, but also as a friend and co-worker. Lott worked in Ramage's art gallery for three years.

Ramage said he was an interesting guy and very dedicated to the art-making process.

"His artwork was as idiosyncratic as he was. It was always very engaging," he said, adding that Lott's work was a little surreal and a little whimsical, which went along with his offbeat sense of humor.

Continued on Page 6

SARA NOVENSTERN / CASTLETON SPARTAN

Mike Brewer does a back flip after dropping in the Rail Garden behind Hoff Hall.

Brewer does backflips for Rail Jam

By Karsen Woods
Castleton Spartan

Mike Brewer stood with tips over the lip of Hoff Rail Garden's plywood ramp as he formulated his drop in. The audience's anticipation was fueled by Marlboro 27's and ice-cold PBR's held by Hestra mittens.

Brewer, an Evolution Freeride sponsored rider, signaled to the sea of impromptu photographers that he was ready to drop in. Planting his poles into the ground he skated in place, back and forth, gaining momentum. After one last push, Brewer sailed down the ramp, but rather than dropping in and hitting the rail, he veered his tips to the right, hit a jump and propelled into a backflip.

Most audience members watching from the top didn't know whether he landed it or not, but judging by the cheers, no one seemed to care.

Though Brewer, a University of Vermont freshman, missed the first rail jam a week earlier, he was psyched to be a part of round two on Feb. 9.

"I had a lot of fun! The rails were sliding nicely and the music contributed to a good atmosphere. More people should come turn up next time! Thank you Castleton," he said.

Brewer was just one of many throwing down at Evolution Freeride's second Hoff Garden Rail Jam. After the success of the Jan. 20 rail jam, Evolution Freeride Manager Michael Boisvert knew the event has a potential to grow. He said building a relationship with Castleton students has been a process.

"No one has taken the time to connect with the local colleges, and no one has taken an interest in the kids," Boisvert said.

Evolution Freeride is a ski and snowboard apparel shop in the basement of Basin Sports in Killington. It was first established in the mid '90s and has continued to acclimate its products and employees to the evolving trends of the free-skiing industry. When Boisvert was asked what he hoped for with future jams, he bashfully addressed the lack of female participants – and spectators. Upcoming "swag" incentives for the next ones might change that.

One success Boisvert gloated about was the enthusiasm of participants.

"Everyone received it very well, and wanted me to continue. The more students involved, the more fun," he said.

Freshman Lawrence Hathaway attended both sessions and has yet to be disappointed by the event.

"I liked how everyone was throwing down on the rails and the free merch!" he said.

As far as the jam session, the only thing cooler than the array of Plank beanies and t-shirts, was the chill crowd of skiers, riders and friends.

"It was awesome to watch and have a good time hanging out with cool people," said Freshman Colin O'Meara, while sporting his new beanie.

The rail jams are tentatively scheduled for every other Monday through the rest of the season. With growing interest, sponsor incentives and publicity, Evolution Freeride is likely going to be a well-known name among the Spartan community. Basin Sports has even extended 10 percent off to all Castleton students for their first choice mountain threads.

Max Rowe, a junior at Killington's School of Resort Management and Evolution Freeride employee, said he is eager to branch out of Killington and be active in the Castleton freeskiing community.

"I liked that more people showed up this time. When kids come out and throw down, it gets more people out skiing and helps grow each session," he said.

Respect, appreciate and love your brain

By Jorah McKinley
Castleton Spartan

On Jan. 28 Kevin Pearce was standing on the stage in the Castleton Fine Arts Center. A week before that he was gliding down mountains of deep powder in Japan.

Five years before that he was lying in a hospital bed in a coma with a traumatic brain injury.

So how did he end up at the Castleton Campus speaking to students about the importance of respecting, appreciating and loving your brain?

In 2009, the Vermont-raised professional snowboarder quickly was being launched into stardom.

"I made it to this place that very few people get to in the world. I became one of the very best competitive snowboarders," Pearce told students and community members at the Casella Theatre.

He had been brought to Castleton by a collective effort from the Campus Activities Board, Student Government Association and the nursing program, whose members all thought his message was one the students needed to hear.

Director of CAB, David Ievolli, had the initial idea to bring him to campus and everyone else quickly jumped on board.

Pearce was living his dream and only planned on going up. He was an Olympic hopeful, the one to watch, and he was just a few degrees of rotation away from landing the trick that would get him there.

On Dec. 29, 2009 Pearce was training in Park City, Utah when his dreams and almost his life abruptly ended with a fall.

Less than two weeks prior, Pearce had taken a fall and sustained a severe concussion, but he was in the middle of a competition so he shook it off and pretended it didn't happen. That's where he went wrong.

Ten days later, when he took the fall that would end his career, his concussion had not properly healed. The fall he took on that run would have been bad regardless, but he was already concussed.

"Your brain can not be injured and hit as hard as I hit it twice in that span of time. It has got to heal," he explained.

But his brain didn't heal, and that resulted in a life-threatening traumatic brain injury. He spent six days in a coma with a broken eye socket and bleeding in his brain. When he woke up he could barely see, he couldn't speak, he couldn't swallow, and he could hardly move.

Continued on Page 6

CHRISTIN MARTIN / CASTLETON SPARTAN

Kevin Pearce speaks about the Love Your Brain Foundation.

Fresh Perspectives

There is a special bond that people who live on campus have. They live together, eat together and go to events together.

If campus residents have free time, they can just go back to their rooms or go to Huden and get a meal with their roommates. As commuters, we don't get that bond.

I'm not complaining about being a commuter, because I really wouldn't have it any other way. I don't have to share a room, and I don't have to pay nearly as much as a resident.

I, along with many other commuters, sometimes feel like there is nothing to do if I have long breaks during the day.

The only time that we have to make friends is when we are in class, because those are the only times, for most of us, that we are on campus.

I know…everything in life is what you make of it. If you mope around complaining about having no friends, you will end up making yourself sad.

The reason why faculty members call the first week of college the Red Zone is because it's the time when these crazy kids are away from home for the first time and are doing everything in their power to find fun.

These are the times that people look back on ten years from now and say what a roller coaster college was and how much they experienced. They laugh about their college experience and say things like, "What was I thinking?" or, "I had so much fun."

I'm afraid that ten years from now I'm not going to be able to say those things because I don't live on campus.

People who have graduated always say what a great and different experience college was, but for me, it's just like high school only with more homework. I wake up, go to class, come home and do homework. How boring is that? And it's totally my fault too.

Being a commuter shouldn't affect any of our college experiences.

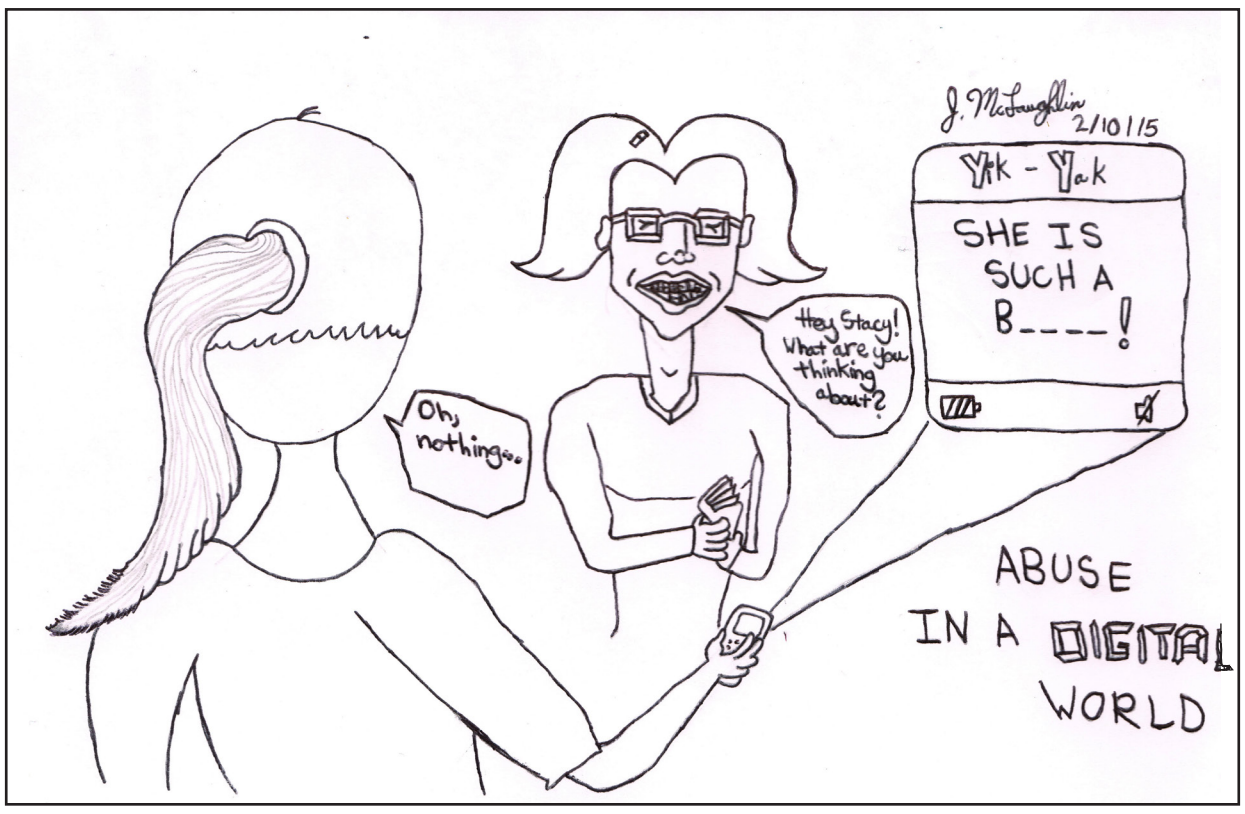
On the other hand, we also shouldn't have to try so hard to make it memorable. It's like the commuters are encouraged to only spend time with each other. I mean, we aren't even allowed into Huden or the residence halls.

We have to find alternative ways to be friends with the people who live here.

Although the commuter bond is strong, and we are like a little family, it would be nice if it were easier to be with the residents and it would help to add to our college experience.

We all want to laugh with our friends about how fun college at Castleton was ten years from now.

-Carly Trombley



Is American sniper a hero?

Despite the notion among many Americans today, hero is not a synonym for obedient government-trained killer.

Clint Eastwood's controversial record-breaking movie, "American Sniper," has launched a mass public conversation about war and heroism. The once great actor-turned-director has provided a badly needed service for this country.

This is neither a review of the film nor a review of the late Chris Kyle's autobiographical book of which the movie is based off. My interest is in the evaluation of Kyle, America's most prolific sniper, a title he earned through six years and four tours in Iraq.

Let's recall some facts, that perhaps Eastwood thought were too obvious to heed mention: Kyle was part of an invasion force: Americans went to Iraq. Iraq did not invade America or attack Americans. Dictator Saddam Hussein never even threatened to attack Americans. Contrary to what the George W. Bush administration suggested, Iraq had nothing to do with the attacks on Sept. 11, 2001. Before Americans invaded Iraq, al-Qaeda was not there. Nor was it in Syria, Yemen or Libya.

The only reason Kyle went to Iraq was that Bush/Cheney & Co. launched a war of aggression against the Iraqi people. Wars of aggression, let's remember, are illegal under international law. Nazis were executed at Nuremberg for waging wars of aggression. With this perspective, we should ask if Kyle was a hero. Defenders of Kyle and the Bush foreign policy will say, "Of course, he was a hero. He saved American lives."

What American lives? You mean the lives of American military personnel who invaded a foreign country, one that was of no threat to them or their fellow Americans back home? If an invader kills someone who is trying to resist the invasion, that is not considered a heroic act of self-defense. The invader is the aggressor. The "invadee" is the defender. If anyone's a hero, it's the latter.

In his book, Kyle claimed to have killed more than 255 people, repeatedly describing killing as "fun," something he "loved." He was unwavering in his belief that everyone he shot was a "bad guy."

"I hate the damn savages," he wrote. "I couldn't give a flying fuck about the Iraqis," he bragged. Why did he think that about the Iraqis? Because Iraqi men and women resisted the invasion and occupation he took part in?

That makes no sense. Resisting an invasion and occupation, even when Arabs are resisting Americans, is simply not evil. If America had been invaded by Iraq (an Iraq with a very powerful military, that is) would Iraqi snipers picking off American resisters be considered heroes by all those people who idolize Kyle? Of course not, nor would the rest of America think so either. Rather, American resisters would be the heroes.

Eastwood's movie also features an Iraqi sniper. Why isn't he regarded as a hero for resisting an invasion of his homeland, like the Americans in my hypothetical example?

Of course, Kyle's die-hard followers will disagree with this analysis. They rush to the defense of not just Kyle, but their country and what their country means. They call for the rape and death of anyone ungrateful enough to criticize their beloved American hero Chris Kyle. Because Chris Kyle is good, and brown people are bad, and America is in danger, and Chris Kyle saved us.

- Alden Bisson

Their thoughts on MLK

Student Soundings responses from convocation

Alexander Adams –

I can connect with the life and work of Martin Luther King Jr. because I live in a society that he so greatly influenced. I can't imagine a world where schools, parks, bathrooms and buses are segregated and I'm so grateful that I was not around to witness such terrible levels of racism.

I can also connect with his struggles through depression as a youth. I'm encouraged by this, because I have struggled myself and it is nice to know that someone so strong was at one time so afflicted.

I can help promote social justice now by correcting people who think it is funny to make racist and sexist jokes. I was happy to hear President Wolk speak out against the app 'Yik Yak' at convocation. I installed the app because some classmates recommended it and deleted it after about a week of reading truly offensive comments.

It's sad to look around the community and see so much hate and I think if everyone took the responsibility of promoting social justice, this would no longer be an issue.

Matthew Levins -

Whether or not we know it, every day we are connecting with the life and works of Martin Luther King, Jr.

On a daily basis on the Castleton campus, equality between all cultures and sexes is not only encouraged, but embraced, which is something that Dr. King strived for.

I also can personally connect with Dr. King in another way. Dr. King was a hard worker and although his goal seemed impossible, he still strived to achieve it every day. In a college student's world on a daily basis, assignments are assigned with what seems nearly impossible deadlines. By striving to succeed, it is easier to achieve the goal of getting these assignments done.

As most people know, Dr. King strived to promote social justice. In today's world, promoting social justice needs to be done by not only one person, but multiple. If every person does what he/she can to promote social justice, then the world would not face some of the racial tensions we currently face.

In order to promote social justice, everyone must do their part, no matter how small or large of an impact that they will have. There are many things that myself, as well as my fellow Americans, can do to promote social justice. One way that sticks out in my mind is to practice what we preach.

Most people talk about how the world is a socially just place, however, when push comes to shove oftentimes that does not seem to be true. If we were, in fact, practicing the things we are taught throughout all of our lives regarding social justice and equality, then we would stand up when something was not socially just, instead of sitting back and allowing others to handle it.

In living up to our word and practicing what we preach, social justice can be achieved, so long as everyone is on common ground. That ground being a socially just, fair, impartial ground. Stand up. Do not surrender.

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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CASTLETON'S RETURNING STUDENT SCHOLARSHIPS FOR 2015-2016

The Financial Aid Office wants to remind students that the on line application and information for Returning Student Scholarships is now available.
The deadline for submitting the completed scholarship application is March 6, 2015.
Details may be found on the Financial Aid web page or link to www.castleton.edu/returning-app
Don't miss out on this opportunity!

Check us out!

www.castletonspartan.com

If you have any stories

or photos to share

please contact us at:

thespartan@castleton.edu

Local efforts pay off with award

Daley Crowley
Castleton Spartan

Castleton has always worked hard to serve its local community. After about a year-and-a-half of hard work gathering examples of partnerships, internships and service events, Castleton submitted a 50-page application to the Carnegie Foundation.

After months of deliberation, the Carnegie Foundation rewarded that effort with the Carnegie Classification for Community Engagement award. Castleton is now among five Vermont institutions to be given this award and is the only college in the VSC to ever receive it.

To be selected, colleges must answer numerous questions about administration, budget, course work, the college's mission, culture, leadership and resources. Castleton had a large group of faculty, students and community members work together to demonstrate evidence of their hard work.

"This distinction really sets us apart from the other schools in the VSC. We are very proud," said Ingrid Johnston-Robledo, dean of Arts, Sciences, and Community Engagement.

Castleton has many groups on campus that engage with our community through activities that occurred in conjunction with classes, student life, individual faculty and staff activities, cultural affairs or athletics.

"You can go out and say you're doing good things, but if you're not having an impact you're not really doing much."
-Chrispin White

In order to be considered, Castleton had to be able to show how their work has impacted the community and needed to prove that it was sustained.

"You can go out and say you're doing good things, but if you're not having an impact you're not really doing much," said Chrispin White, director of the Center for the Support and Study of the Community.

White played a huge roll in the application process, Johnston-Robledo said.

"To be recognized, we had to measure the impact we have made, and we got very good responses," he said.

"It was a really huge process," said Johnston-Robledo. "But it's a huge honor."

Castleton, she said, works hard to engage with the community. It even offers students a Civic Engagement Certificate program that students can earn by taking designated classes and doing volunteer work.

Johnston-Robledo really hopes to grow the Civic Engagement Certificate program and encourages any interested students to look into the program.

Mariah O'Hara is the vice president of Community Relations for the Student Government Association at Castleton and president of the Community Relations Club.

"Civic engagement is important for students," O'Hara said. "We are always looking for people to join us. Community members really want to see engaged students that are willing to be a part of the Castleton Community as a whole, not just the college."

GET INVOLVED

For information about the Carnegie Foundation and Community Engagement Classification visit nerche.org.

Community Relations Club meets every Monday from 2-3 in the SGA office.

Bridging the gap from college to town

Carly Trombley
Castleton Spartan

A 21-year-old Castleton Student, Zach Holzworth, is running for a spot on the Castleton Select board. His main priority, he said, is to mend the relationship between the town and Castleton College.

He also plans to change the streetlights in town to LED's and start charging people for sand in the winter.

"It's about spending a penny now in order to save a pound later," Holzworth said. "There are some things that we just have to spend money on."

His uncle is on the Select Board in Fair Haven, which is where he gets most of his support for running. John Hale, a well-known Castleton Select Board member, also encourages him, he said.

As a student of Castleton and a resident of the town, Holzworth believes he can represent both sides well.

"I understand that many of the townspeople do not like the college and don't like the students," Holzworth said. "But it's basically broken down into the different classes of people who don't like the college."

Holzworth believes that it is easier for townspeople with college educations to relate to the students.

Holzworth is running against two others, Jim Leamy, who has been on the board before, and current Selectman Bob Spaulding.

Leamy and Holzworth seem to have similar plans of action if elected.

"I am running again because I want to contribute something to the town," Leamy says. "I want to create a positive relationship with the college"

Leamy believes that because Castleton State College is such a major employer for the area, it is important to rebuild the relationship between the school and the town. He said that's his first and major goal if he gets elected.

Spaulding has other things that he wants done first.

"We've got a bunch of issues here in Castleton. I want to know how we are going to reimburse the taxpayers," Spaulding said in an interview with "Vermont Today."

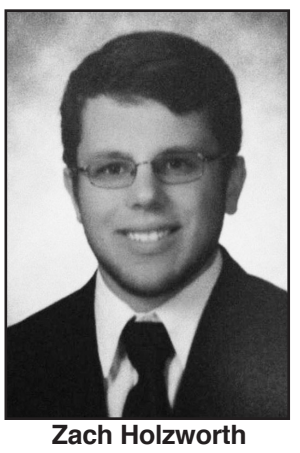
Spaulding was reportedly in Honduras when attempted to be contacted for this report, but a review of minutes of recent meetings shows he is quite active.

Some of his recent concerns were regarding the charges of recycling for haulers and whether or not they have to accept the recycling from other commercial haulers. Spaulding has his own waste service business.

Holzworth said he is constantly encouraging young people to vote. In fact, he even carries around a stack of voter registration forms with him. He hopes to relate to many young people and is counting on their vote.

In order to mend the relationship between the town and the school, Holzworth wants to increase protection and discipline.

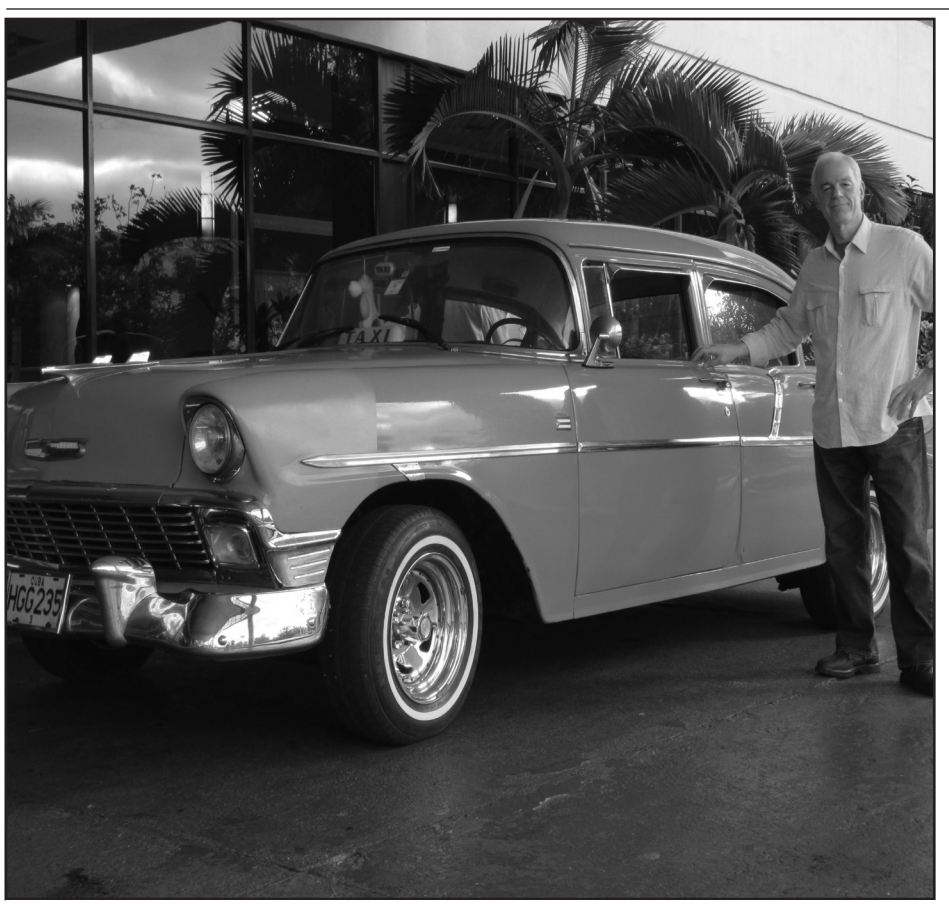
"I want a Public Safety who enforces the laws not only on campus, but in the village. I want cops on campus, not Public Safety," he said. "That way we won't be left guessing who the hell did it."

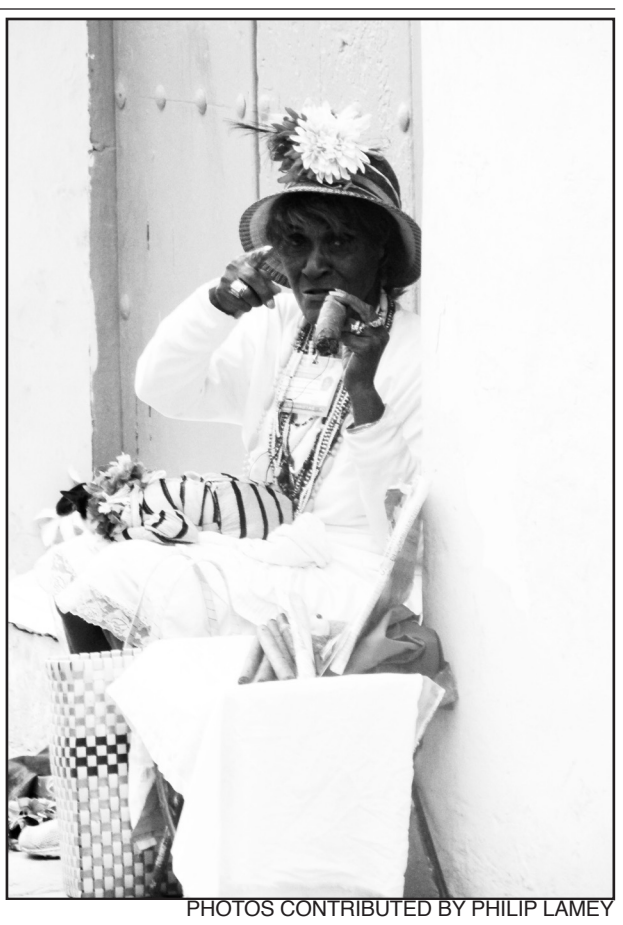


Zach Holzworth

Holzworth has a meeting with President Dave Wolk and is hoping to send out a mass email to inform students about the election and upcoming interviews before the election.

The election will take place Tuesday, March 3.





PHOTOS CONTRIBUTED BY PHILIP LAMEY

Professor Philip Lamy, above left, poses next to a classic vintage car on his previous trip to Cuba. A festively dressed Cuban woman, above right gestures to the photographer.

Castleton goes to Cuba

Students and faculty to expereince culture of Havana

Abi Foster
Castleton Spartan

After 60 years of harsh relations between the countries of Cuba and the United States, President Barack Obama has opened ties with this country, allowing for many more opportunities between the two.

For Castleton College students, that means the chance to travel to Cuba and experience this culture that has long been hidden.

A group of students and faculty will travel in May for one week to the city of Havana to immerse themselves in the food, lifestyle and music of the longtime rival country.

Phil Lamy and Sherill Blodget are the two professors in charge of the trip.

"We are going down there to learn about the history of Cuba, interact with the people and to appreciate the music and culture that comes with it. Along with that, we also feel like we are breaking history; we just started being able to go down there, and now we are taking the first group of students from Castleton there," Lamy said excitedly.

Cuba is a country drowning in gorgeous, colorful culture where people fill the streets during all times of the day singing, dancing and playing music that rings through the air for anyone to hear, Lamy said, describing the country from his first and only visit to Cuba a couple years ago. Some of the students on the trip will be joining forces with a Cuban performance art group and preforming a mixture of American and Cuban songs together.

One of those students, sophomore Chris Manjunk, is extremely excited for this opportunity and said this will be his first time out of the country.

"I'm just excited because we are working with another group and combining with a Cuban Choir to perform a couple pieces. We also will be able to tour the city of Havana while we are visiting," Manjunk said.

Sophomore Shania Brown's excitement for the trip deals in part with her family history.

"One main reason why I wanted to go on this trip was because my grandfather had fought in the Cuban Missile Crisis for several years, so I see this as a way to sort of reconnect with him. Also you have to take every chance you can to travel, and that's what I'm doing," Brown said.

Junior Liz Havens said she's a little nervous for the upcoming trip**,** but is extremely excited to see a completely new place and meet new people from a different culture

"I am also hoping to gain a new outlook on life," she said. "Being in a situation and a country that I've never been to before will provide me with new outlooks and I'm looking forward to experiencing many new things!" Havens said.

Realizing that this land has been so isolated from Americans for so long is only fueling the anticipation for students, who say the trip could be transformative.

"I plan on almost, not changing my life, but get influenced by a different culture in one way or another. Whether it be music-wise, food-wise, or culture-wise, I want to get something out of it that will affect me for a while," Havens said.

Snow days are trouble for professors

Brock Pollard
Spartan Contributer

Students have not been complaining about the recent snow days at Castleton College. But for professors, snow days carry issues students probably overlook. As well as falling behind schedule, some say they are genuinely concerned about the safety of students and colleagues.

"I am more concerned first with the safety, my safety, and the students safety," business administration professor Scott Hanselman said when asked for his thoughts on the unplanned days off.

Vermont road conditions in recent weeks have made it difficult for faculty and students to make it to school.

"I think any time we cancel should be for safety," Hanselman said.

That being said, the first snow day on Jan. 27 dropped minimal snow, making students and faculty question the decision to cancel.

The hardest part about snow days from a professor's standpoint is missing class sessions. If you look at any course syllabus, there is almost an exact outline of what you will be learning, and when you will be learning it. It acts as a premade schedule with lessons planned for each day. When snow days cause class cancellation, it creates a new burden.

SARA NOVENSTERN / CASTLETON SPARTAN

A fresh blanket of snow covers cars on Castleton campus after a series of snowstorms, resulting in multiple snow days.

"Either you make the students entirely responsible for the material, or you end up cutting some things," said criminal justice professor Brad Hunt.

This isn't the case for every professor on snow days. If a professor's class schedule isn't too grueling, he or she may be able to manage just fine.

"This last snow day on Monday was great, because my Monday classes are easy to make up for," said communication professor Robert Gershon.

For other professors, it isn't so easy.

"You end up losing time, and you may have had something planned that day," said English professor Jeanne-Marie Morrissey.

Hunt agrees.

"It adds another level of anxiety for the students, and to a certain extent the faculty," he said.

From a student standpoint however, snow days are the best because classes get cancelled, and it gives them a chance to do what they want. And even those professors who fear getting behind, will admit to having a snow day soft spot.

"I'm not gonna lie, if you get a day off it's kind of nice," Hunt said with a smile.

Results are in for SGA

Daley Crowley
Castleton Spartan

Castleton's Student Government Association has officially announced its newly elected officials.

After the College Court spent many hours conducting the election and tabulating the results, Hollie Nop was elected as executive vice president.

The new treasurer is Tyler Anderson and the three new delegates are Matt Gay, Amanda Larabee and Julia McIntyre.

While these five candidates join the existing governance team, the SGA is still in need of a secretary.

Any interested students are encouraged to pick up an application from the SGA office in the Campus Center.

After filling out the form and gathering 25 student signatures, they are to return the application to the SGA office to be reviewed.

The SGA is excited to work with their new officials, with each bringing their different experiences and perspectives to the meetings.

A minute with Michael

Michael Sabataso

Question: What do you do on a snow day in college?

Eric Monzel
Senior

"...Usually catch up on sleep. Take care of homework."

Cameron Scully
Junior

"On a snow day for me I usually try to catch up on some missed sleep. And hang out with some friends."

Juliette Iffland
Junior

"Monday I think I slept until like 10. And I plow and shovel for older folks around in my community. Then I did a little bit of a paper that was due today."

Justine Rotz
Junior

"I sleep, watch movies and maybe do homework if I'm lucky."

Mikayla Taylor
Senior

"Well, I watch TV and I do a lot of homework."

Missing snake, a national celebrity

By Devin Clark
Spartan Contributor

The Green Mountain State is known for maple syrup, cows – and now a missing four-foot Rainbow Boa.

On Feb. 2, Castleton students were both alarmed and slightly humored when they received an e-mail from Public Safety Director Keith Molinari stating that a snake had gone missing from the zoology lab in Jeffords Science Center.

When faculty returned from the weekend, the snake was found missing from its three-foot by one-foot glass tank and the rock placed on top of the cover had been removed.

Although biology professor Brad Coupe said the snake very well could have escaped, it seems more likely it was stolen since the lid was pushed firmly down.

The e-mail was focused more on the safety of the snake, rather than to alarm the Castleton community, because if the snake is subjected to non-tropical temperatures for an extended period of time, it is unlikely it will survive, said Courtney Parker, communications coordinator at Castleton College.

"It's one of our main concerns as to why someone would take this, especially since it means so much to someone on campus," Parker said.

When asked how she felt when first hearing the news, Parker responded, with a hesitant laugh, saying she was surprised initially, but also disappointed that the students, who are given such great opportunities, decide to take advantage of them.

Many students were surprised at discovering Castleton had made it into news pages across the country including The Huffington Post**.** But others were disappointed.

"I think it's pathetic that it made the news. The state of Vermont should be focusing on things more important than a snake," said senior Karla Hunter.

Coupe's face lit up as he spoke enthusiastically about the docile nature of the snake. He emphasized that the snake is not poisonous and will not harm anyone.

"Now, of course, I do hear students talking about it in the hallway saying 'what if we found it right now' and I say 'you'll give it to me and I'll be happy!'" Coupe said with a chuckle.

The snake, which science students said belongs to fellow science professor Cynthia Moulton, has been the talk of the building for days.

"I have interacted with it. professor Coupe brought it into a meeting and I was terrified of it," said junior Kelsey O'Rourke.

As soon as word of the snake hit, social media instantly exploded with many tweeting about Castleton being too quick to accept Tom Riddle, a reference from Harry Potter and the Chamber of Secrets.

DEVIN CLARK/SPARTAN CONTRIBUTOR

A tank in the science lab sits empty after snake goes misssing.

But despite all of the talk, the snake's whereabouts and who might be involved has remained a mystery.

"I'm surprised there hasn't been any gossip about it within the student body. How have we not heard anything?" said junior Coral Torelli.

As of the end of break, there still was no word on where it might be or who might have been responsible.

SARA NOVENSTERN/CASTLETON SPARTAN

Kali Trautwein and Brendan Harris perform on stage in Fireside during Open Mic Night on Feb. 3.

Talent emerges

CAB Open Mic Night to become a weekly event

By Callie Ginter
Castleton Spartan

The audience for the Feb. 3 Open Mic Night didn't know what was about to hit them when junior Zach Hampl nervously got on stage with his electric guitar.

Wearing a suit and tie, glasses, and a bright yellow guitar strap that said, "Hazard," Hampl was literally shaking.

Then, he began to play.

Quickly, he grabbed the audience's attention when his fingers were moving like lightening, playing favorites from AC/DC, Guns and Roses and Eric Clapton. Hampl was shredding, even playing the guitar behind his head. At one point his glasses flew off his face and the audience was going wild.

When he was done he said, "thank you," and quickly scurried off the stage.

"I do it because I love it … I get lost in it. I start seeing swirls and triangles and interesting shapes," he said.

"Zach, you literally just killed me," Open Mic Night coordinator Kevin Kareckas told him seconds after his performance.

But Hampl wasn't the only one who blew the audience away.

Junior Alden Bisson's stand-up comedy routine had them howling.

With jokes regarding shits, tits, and "pics of shits and tits," the crowd was roaring with laughter.

"At age 6, Brittney Spears gave me my first boner," he said at one point in the routine.

"Alden is a fucking piece of work … he's my favorite tonight, he just says what he thinks," said junior Katelyn Curtis.

Bisson said he thought it went well.

"People laughed," he said. "I got more comfortable when I got up there."

There was also a wide variety of artists and genres. Musicians including seniors Brendan Harris and his girlfriend Kali Trautwein sang mainstream music, assistant lacrosse coach and alumnus Nicole Adams belted out country, freshman Sage King sang originals, and Huden worker Ron Vaughn with freshman Lawrence Hathaway played southern rock and roll.

"I didn't expect it to be like this," said sophomore Aminah Orogi. "It's really cool!"

Kareckas was thrilled too.

"This was awesome for the first week … music is awesome for natural community development," he said.

Kareckas admitted that he first started performing at open mic nights himself at Benson's West Coast Tacos on Taco Tuesdays. He was part of a reggae band called, "Roots, Rhythm, Dub" and has enjoyed it ever since.

"Come and take a risk in front of friends."

The Campus Activities Board has plans to make Open Mic Night into a consistent, Tuesday night event.

Castleton students unfazed by violent world

By Daley Crowley
Castleton Spartan

Two Castleton professors stood in front of a 6-foot map of the world in Leavenworth Hall. They each took turns pointing to different countries on the map and were able to think of something bad going on currently in each of them.

There is Isis, a Middle East Islamic group beheading and burning captives, there's the terrorist attack at a French satirical magazine and Ebola in Africa.

But with all these events happening currently, are Castleton students concerned?

Surprisingly, no. They're worries are different.

"I'm worried we're going to run out of resources," said Alex Brownell when asked what she thought was the most pressing current issue. "Oh, and pollution."

A lot of students were thinking along the same lines.

Sophomore Mason Brown says she is concerned about deforestation and Mariah Eilers worries about all the damage we're doing to the ozone layer by polluting the air.

"We've really screwed ourselves here," Eilers said.

Tanner Dana agrees.

"I'm pretty worried about the carbon footprint we are leaving behind," Dana said.

Senior Bennett McPhetres' biggest concern is people's dependency on technology.

"Kids don't even know how to use a dictionary or read a map anymore … it's sad," McPhetres said.

The seemingly never-ending fighting in the world did get mentioned by one student, however.

"World peace … and the lack of it," Smith Donelon said when asked what he was most worried about.

But communication professor Robert Wuagneux thinks he might know why more students aren't concerned about the world at war.

"I think it's because everything that's happening right now has to do with violence," he said.

Waugneux thinks that kids are sick of hearing about violence because that's all they hear about.

"Students are becoming desensitized, " he said. "I think the kids just blank these news stories out of their heads."

Fellow communication professor Michael Talbott thinks these students are smart.

"They are more worried about long term issues like global warming because it will directly affect them," Talbott said.

He also pointed out that students might not be paying attention to the more current news about violence overseas because they aren't sitting around watching CNN with their free time.

"It's harder to reach students with stories like these because they don't directly affect them," he said.

Vanities provokes nostalgia

CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

Vanities actresses Nicole Irwin, Julianne O'Connor and Allesandra Mazzola sit in costume in the black box theater.

By Catherine Twing
Castleton Spartan

While friendships may be strong in high school, they often fade by the time we reach adulthood due to the paths we choose.

"Vanities," performed Feb. 5-8 in the black box theater and directed by graduate student Meghan Hakey demonstrated this truth perfectly.

The three-scene play was directed, stage managed, designed and performed by students in the Castleton graduate and undergraduate theater arts programs. The show featured a talented trio of females: Nicole Irwin, Julianne O'Connor, and Alessandra Mazzola.

The theater-in-the-round style space was utilized to its fullest potential as the audience was seated on all four sides of the small raised platform. By the time the audience entered, the show had already begun as the three actresses, in character, readied themselves at the vanities stationed around the room.

Typical of a black box production, the set was minimal. The raised platform had quotes from the show painted on as if written in a yearbook. Although the words had already been said, they were still there, reminding the audience that everything they do and say can hang around and become the foundation to build the rest their lives on.

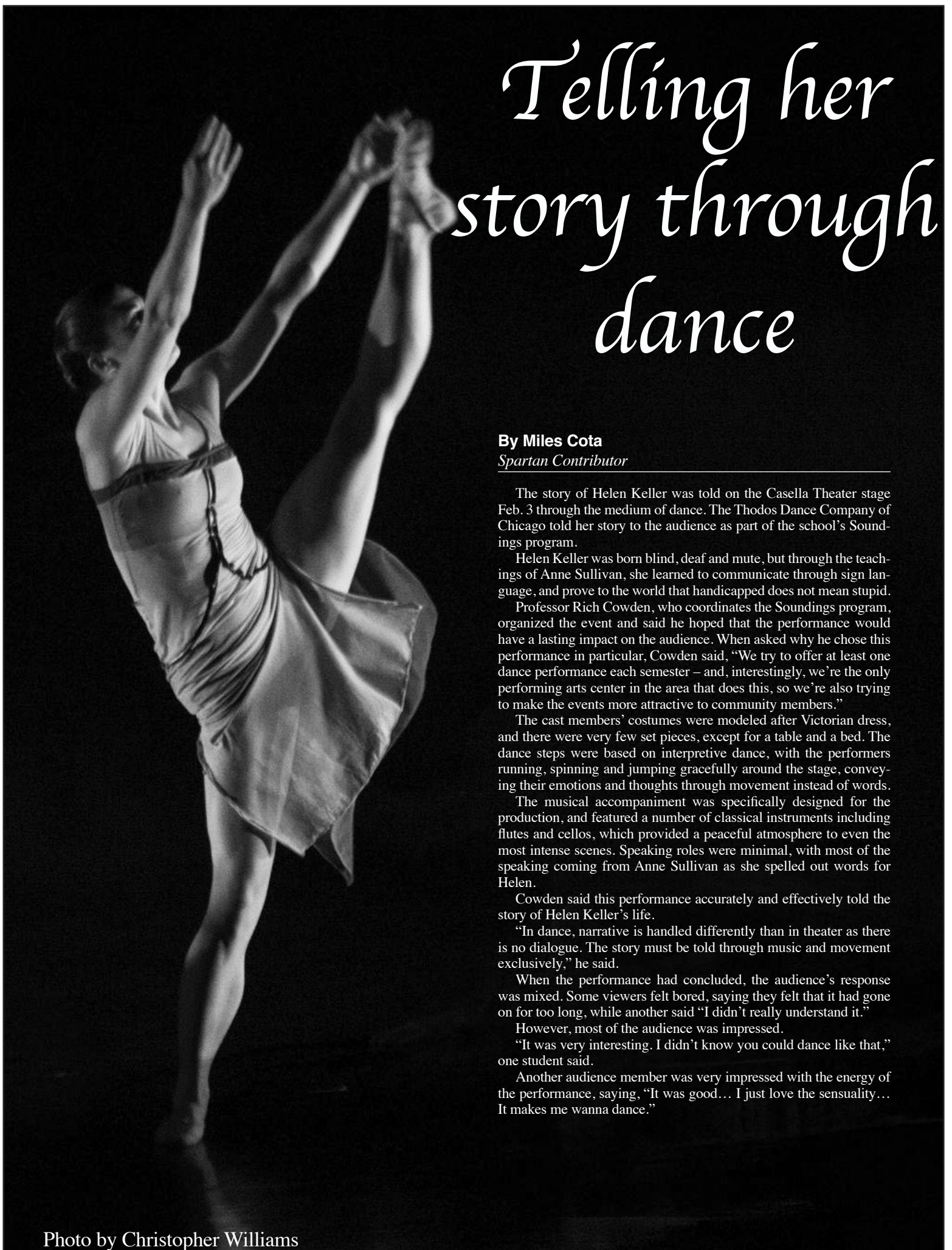
In most shows you know an actor does well because you begin to care about their character. These actresses did well because as the show went on I became more and more upset with their characters: Irwin's in particular.

Irwin's character became a perfect house wife with the husband, kids, and home in the suburbs. Throughout the show she made arrogant remarks like "If I had to (*insert thing normal people do here*) I would just die." As the play progressed the two other characters become very upset with her innocent view of life. Irwin's portrayal of this naïve character was spot-on making even the audience members mad about her perfect life.

Mazzola's character, while more outgoing than the others, remained fairly static. She had relations with several men in her younger years, and as an adult became the owner of an erotic art gallery. As the most avant garde of the three ladies, Mazzola did a great job displaying her perceived superiority over the other two.

O'Connor played the most dynamic character of the three. She began the first scene as an energetic head cheerleader, jumping around the stage while excitedly planning social gatherings. By the end, however, she was a depressed woman without a career who realized all she had learned so far was how to be popular. O'Connor transformed naturally from scene to scene as her character grew which made the performance fun to watch.

I easily empathized with these characters and their struggles. As a college student, it is easy to feel lost, and when someone seems to have it all together you begin to question yourself even more. I have also gone through the experience of growing apart from close friends. Because of how applicable the plot was to college students, this was a great choice of show to perform.



Telling her story through dance

By Miles Cota
Spartan Contributor

The story of Helen Keller was told on the Casella Theater stage Feb. 3 through the medium of dance. The Thodos Dance Company of Chicago told her story to the audience as part of the school's Soundings program.

Helen Keller was born blind, deaf and mute, but through the teachings of Anne Sullivan, she learned to communicate through sign language, and prove to the world that handicapped does not mean stupid.

Professor Rich Cowden, who coordinates the Soundings program, organized the event and said he hoped that the performance would have a lasting impact on the audience. When asked why he chose this performance in particular, Cowden said, "We try to offer at least one dance performance each semester – and, interestingly, we're the only performing arts center in the area that does this, so we're also trying to make the events more attractive to community members."

The cast members' costumes were modeled after Victorian dress, and there were very few set pieces, except for a table and a bed. The dance steps were based on interpretive dance, with the performers running, spinning and jumping gracefully around the stage, conveying their emotions and thoughts through movement instead of words.

The musical accompaniment was specifically designed for the production, and featured a number of classical instruments including flutes and cellos, which provided a peaceful atmosphere to even the most intense scenes. Speaking roles were minimal, with most of the speaking coming from Anne Sullivan as she spelled out words for Helen.

Cowden said this performance accurately and effectively told the story of Helen Keller's life.

"In dance, narrative is handled differently than in theater as there is no dialogue. The story must be told through music and movement exclusively," he said.

When the performance had concluded, the audience's response was mixed. Some viewers felt bored, saying they felt that it had gone on for too long, while another said "I didn't really understand it."

However, most of the audience was impressed.

"It was very interesting. I didn't know you could dance like that," one student said.

Another audience member was very impressed with the energy of the performance, saying, "It was good… I just love the sensuality… It makes me wanna dance."

Photo by Christopher Williams

TBA showcases local musicians

JIMMY BRITT/ CASTLETON SPARTAN

Robert Wuagneux, left and Jaren Carpenter, right perform at Toal Backstage Access in the Casella Theater.

Snapchat updates

By Catherine Twing
Castleton Spartan

What started four years ago as a simple photo-messaging application has turned into one of the most popular apps on the market.

Yup, we're talking about Snapchat.

Since its launch in 2011, the app has acquired over 100 million users, collectively sending a whopping 400 million "snaps" per day, according to the Search Engine Journal. The app is used to send images, captions and videos, which the receiver can view for up to 10 seconds.

These short-lived images are very popular with the under-25 crowd, and Castleton students are no exception.

"I love Snapchat! I use it at least every day to either snap or check others' stories," said sophomore Tyler Anderson.

"I enjoy using Snapchat. It keeps me in touch with my friends back home, and the effects are cool," said freshman Kelsey Dunn.

Sophomore Pantira Ratanapratum also agrees.

"I use Snapchat a lot because I'm away from home, and it's always fun to see my friends and family, and we can be all silly and crazy without other people knowing," she said. "The sender can feel good about showing how they feel and who they are without worrying about other people saving the picture they send."

Sophomore Kelcy Owen, however, has seen the dark side of this fun app.

"It can be a gateway for people who want to harass others. I've seen someone get bullied over Snapchat and there was no evidence," Owen said.

One interesting feature of the app is the section for collective stories focused on major events like the Snow-pocalypse or X-Games. Users geographically close to these events can submit photos and videos, which are later available for all users to view.

"I find them to be pretty interesting, like New Year's Eve at the Burj Khalifa in Dubai and the kite ceremony in India," said Junior Mariah O'Hara. "I think it's a great way to share events with people that might not necessarily get the chance to see them."

Anderson does not find the stories quite as useful.

"I think those feeds can be interesting, but sometimes they are very annoying," he said. "The Grammy's and the X-Games were cool, but things like Australia Day was so boring and it was annoying that it popped up on my feed."

Recently, the app designers have tried a number of things to make Snapchat more than just pictures sent between friends. Late in 2014, Snapchat made a deal with Square Cash to create a way for users to link their Snapchat accounts with their debit cards to send money to friends, according to techcrunch.com. They call this program "Snapcash."

Most Castleton students are wary about this feature.

"I personally think Snapcash is a pretty sketchy idea. I'm pretty picky about where I share my debit card information," O'Hara said.

"That's just looking for bad news," said Junior Brian Ward. "Snapchat is a huge sexting app. Add cash into the mix and you get snap-prostitution."

More changes came on Jan. 27 when Snapchat released the Discover feature. Using Discover, app users can view news articles each day from sources like CNN, Comedy Central and Food Network.

"I've watched the videos on discover, and it's cool how you can view news without going through another website," Ward said.

In addition to Discover, Snapchat eliminated the best friends list which was a beloved feature for many users.

"My friends and I would have snap competitions to bump unwanted people off of their best friends list. That's kind of unfortunate to no longer have," O'Hara said.

Anderson feels the same way.

"I don't like the new set up where you cannot see all your friends. I really liked the old snap chat."

Students work to change community members attitudes

By Lacy Parmenter
Spartan Contributor

Many on Castleton College's campus know Emma Faucher as a community advisor and for studying abroad in New Zealand, but she's becoming known in the town of Castleton too.

The beginning of the 2014-2015 school year didn't get off to the best start. Students at the college were getting too rowdy on the weekends causing members of the community to become annoyed.

Faucher decided to put her foot down and show the community that not all students at Castleton cause trouble.

"It's important that everyone is happy, and I feel this is the way to make that happen," Faucher said of her efforts to bring residents and students together. "In reality, the college does a lot for the community, but the community also does a lot for the college, and I don't think some of the students really realize that."

On Dec. 14, 2014, Faucher and other volunteers held a prime rib dinner at the Castleton Community Center. One of the attendees, Robert Wuagneux, professor at Castleton State College and community member, was asked to get involved.

"The morale was fantastic, and everyone was happy!" Wuagneux said. "The follow-up from people who attended was like, students were out of this world, they definitely represented the community, and all positive things," Wuagneux said.

Castleton Police Chief Peter Mantello helped coordinate the behind the scenes for the event. When asked if the community's attitude positively changed toward the college, he said he thinks it did.

"Many board members attended and loved it. I've heard nothing but good things; nothing negative, all positive," he said. "I would like to see two events happen; one early winter and one in the spring time before finals."

David Ievoli, vice president of Campus Activities, offered one of the many sets of hands to make this event run smoothly.

"The dinner was great. We enjoyed it. It was really nice to sit down with the community members and talk to them. It was cooler to see them stay. They would eat their dinners and talk to people. This was the relationship we wanted to form between us and the community," he said.

Faucher won a $15,000 scholarship in October to study abroad in New Zealand, so for the spring semester, she won't be able to be a part of the upcoming community engagements.

"I'm definitely going to miss planning the events while being abroad," she said. "I can't say I'll miss the stress of them, but I will definitely miss the outcome of putting together a successful event and pleasing the community, but I'll be back next fall for more!"

Faucher said she simply hopes she made an impact on Castleton residents.

"Bottom line, if people remember me as someone who cared about community engagement once I graduate, I'd be okay with that because I feel so strongly about it."

Pearce keeps a postive mindset

Continued From Page 1

After about six months of critical care and rehabilitation, Pearce was finally able to return home to Vermont with his family.

Today he still has trouble with his eyesight, but has regained full physical function through grueling rehab.

Athletic training student, Colleen Jenkins, thought Pearce's story was very important for Castleton students to hear.

"Athletes feel like they're invincible. Hearing this might make them realize that they are not," Jenkins said. "People don't really view brain injuries as very common, but it can happen to anyone."

It happened to Pearce, and he could no longer snowboard professionally without risking his life.

So now what?

"I can't just be done. I'm 27," Pearce said. "And what I'm doing with my life now is loving my brain."

In 2014, Pearce and his brother Adam started the LoveYourBrain Foundation. It is a "non-profit organization that is working to connect, educate and empower people to live a brain healthy lifestyle."

You might assume Pearce would just be preaching about safety while snowboarding and the importance of wearing a helmet, but it's much more than that. The foundation is about mental as well as physical health.

CHRISTIN MARTIN / CASTLETON SPARTAN

Students gather after event to hear more from Pearce about his life experiences.

It's about positivity. It's about mindfulness. It's about distancing yourself from the constant lure of technology.

These are the values Pearce adapted after his brain injury, and they are the values he hopes to instill in others with the LoveYourBrain movement. It is their hope that they can use these tools as a new way to approach brain injury prevention, recovery, and brain health.

Senior Exercise Science major Sarah Bergstrom thinks these values are incredibly important for college students to be aware of.

"He has a great message about giving your brain time to heal and TBI awareness," Bergstrom said. "But I also like how he incorporates everyday brain health as well and how important it is to stay positive with our thoughts."

Pearce left his audience with three simple things everyone can do to love their brain.

The first was to care. Care for and love your brain like you love your girlfriend, love your boyfriend, love your dog. You're not going to do things to hurt them. Don't do things to hurt your brain.

The second was to stop. Stop, wait and think before you do something that could hurt your brain.

The third was to do. Do everything you can to protect your brain. It will give you everything, if you just give it some love.

Lott will never be forgotten

Continued From Page 1

Ramage said he likes the idea of creating such a scholarship.

Another close friend of Lott was Pete Ginter, also an art major at Castleton at the same time as Lott. They had been friends since they were young teenagers and he said Lott's death left him distraught.

"Jamis is as natural as it gets. He let life go on as it is and was there just to enjoy the ride," Pete said.

Considered a pretty unique man himself, Pete said he and Lott were very similar in character. He referred to them both as "loners" of their family because they are very deep thinkers and sort of keep to themselves.

Seeing how many people have come together to honor Lott's life, to Pete, is a true blessing.

"I'm happy that people like me are trying to keep Jamis' attributes alive," he said.

He fondly recalled jam sessions Lott used to attend, which took place down the road from their homes at a barn. Every Thursday, he said, people would go down to play music and Lott was always there with his artwork, sketching whatever he felt, sometimes of the band.

He was finally at the point in his life where he was getting up on stage showing his work, Pete said. He called him "independent-minded" and a "free sprit."

"He was a really genuine guy and he did everything on his own time. No one could tell him any different," Pete said.

And spawned from a pair of homicides, Lott's and one other that happened three months earlier, there will be concert series put together by the principal of the Leland and Gray High School Lott attended. It will be called the Last Saturday Series and will go on every Saturday from January to May. The bands will be community bands and it will be completely open and free to the public, Pete said.

The Ginters said they are thrilled with the amount support everyone has given, not only toward the scholarship, but also to Lott's family. They said they just want people to truly remember who Lott was as a person.

"He was true blue. Absolutely what you see is what you get," Pete said with adoration in his voice.

Castleton is warm and welcoming

Continued From Page 1

After the results of the survey were announced, the crowded room of attendees was encouraged to get up and respond to comments on pieces of paper taped to the walls. The composition of the audience was more than half faculty and staff, but there were plenty of students present as well.

"I think more students should get involved and be proactive in helping to promote inclusive excellence," said Meredith Fletcher, coordinator of placement and graduation standards.

As a relative newcomer, international Student Services Coordinator Deborah Singiser said she sees that Castleton is a very inclusive place.

"I felt given the environment as a newcomer people were generally warm and welcoming. I had nothing but positive first impressions. Given from where I sit as a white American Christian, it feels very inclusive," she said.

Of the 33 International students and 22 first-generation Americans Singiser works with on campus, she has not heard of discrimination issues.

"I can honestly tell you there has not been one international student who has come to me with a complaint," she said.

Johnston-Robledo explained how a main part of this inclusion effort is to address the groups that have felt excluded under the radar.

"There are people who feel they haven't been welcomed because they're an older student or transgender," Johnston-Robledo said. "Even if only a handful of students have felt belittled, that's a problem."

A benefit of doing this kind of survey and discussion is to start a dialogue about diversity needs on campus. This can aid in the attraction of more international students as well a more diverse student body in general, she said.

"Castleton is starting from a very strong foundation," Singiser said, referring to the invisible diversity already in existence on campus through the mixture of students with various socio-economic backgrounds, interests and family structures.

COURTNEY PARKER / CASTLETON SPARTAN

Communications Professor Michael Talbott speaks during diversity event in the 1787 room.

"A campus with all different backgrounds makes a rich experience for everyone: international students as well as American."
-Deborah Singiser

Singiser knows the importance of diversity. She found her own passion for international relations and travel through a friend from Pakistan she met in college.

"When you meet someone of that country or of that religion, it's much more meaningful," she said. "A campus with all different backgrounds makes a rich experience for everyone: international students as well as American."

After the presentation of results, some students seemed very impacted by the magnitude of this issue.

"Obviously Castleton has a lot of work ahead of them," said freshman Kyle Gosley. "It's only a small percentage affected, but it still matters. I think we are underestimating the importance."

Junior Zachary Hampl also had his eyes opened at this event.

"There were so many fantastic different points and opinions because what this capitalized on was what we do not talk about," Hampl said. "We just don't always think about who is being offended by what."

So what's next?

The suggestions given by survey participants included faculty and staff development, more Soundings events on these topics, sensitivity training days, more funding for groups that promote diversity and more opportunities to talk about why diversity matters.

Johnston-Robledo noted the information obtained from the survey and forum could be useful for coaches, athletes, CAs and professors who may not have attended the event.

"One thing we want to do is more analysis of the data," she said after the event. "We want to do follow-up interviews to learn about people's experiences and think about different places and ways to share our results."

Find Eco-Reps on campus

By Kathleen Webber
Castleton Spartan

The Eco-Reps program on campus is designed to spread awareness about sustainability and recycling. There are a total of four Eco-Reps including Zachary Howe, Dalton Blackwell, David Ievoli and Reilly Granger, and they will soon be putting up fliers to "show their faces" around campus, allowing people to know who they can talk to about sustainability and recycling.

Since this program is new to the campus, they introduced themselves at the freshman orientation. Catherine Wielgasz, leader of the program who coordinates the campus-wide recycling program, is in charge of recycling with freshmen.

"I know a lot of people are interested in that (recycling), but weren't as interested as much because it was during orientation," Wielgasz said, adding that orientation can be overwhelming and recycling initiatives might get a little lost.

Wielgasz's First Year Seminar groups pledged to go green and made a poster, which is hanging up in the Campus Center. The Eco-Reps, during orientation, explained to FYS groups how going green helps.

By putting up fliers of the their faces, the Eco-Reps hope to energize students to recycle more. Each Eco-Rep is responsible for specific areas on campus dorms, and their fliers will be in those areas. They hope the fliers will spur conversations from students on recycling.

"The program is new and we are trying to get our faces out there so if people want to ask questions, they know where to go. We may not be experts in all resources, but we are all excited about learning more about any way to become more sustainable and are willing to help others do this as well," Howe said.

The Eco-Reps say they want to help the community of Castleton understand sustainability and what roles students can do to accomplish this.

"Also we are hoping by getting our faces out there, or our ideas, other individuals will be able to do things they are interested in. If they have ideas or they can join our alliance also," Howe said.

Howe is in charge of four residential buildings, Hoff, Ellis, Morrill and Wheeler halls. In Ellis Hall, he did a raising energy waste/consumption awareness last semester that morphed into a lesson of "what can and cannot be recycled?" Also, he elaborated on how to save water more efficiently and save energy in dorms. He used pizza rolls and juice and soda as examples, explaining how to properly dispose both of them.

Howe has other ideas for this semester, such as composting, reusable cardboard furniture and more events that will hopefully raise awareness of recycling and resource consumption around the area.

Blackwell is in charge of Babcock, Adams and Haskell halls. Last semester he held a recycling night in Babcock showing students the basics of recycling. Granger is in charge of Hoff and Haskell, but also recycles in the science and nursing buildings as well as the Public Safety building.

"Last semester, I personally went around taking a tally of people who recycle, what is most and least recycled, and how sustainable each dorm was. Each one was about even and both dorms are doing well on recycling. In the survey, the median number of how sustainable students thought Castleton was out of a 1- 10 was a 7. This is a pretty happy number because that tells us that students know they can do more to be sustainable yet they are already making a great effort, and that means they care," Granger said.

Lastly, levoli is in charge of Glenbrook Gym, Castleton Hall and the three houses, Audet, North and South.

"I tried doing a cleanup of the woods last semester, but the snow hit early. This semester my project is to try and get the Coffee Cottage to compost on a small scale and spread sustainability in my buildings as well," levoli said.

The Eco-Reps say be prepared after February break to the see fliers and to stop them and ask them a question or give some feedback.

"I hope others follow in the green footprint, the non-carbon footprint that we are currently leaving behind. The waste can only go so many places until it will be in our backyards. Reduce, reuse, recycle, compost, be sustainable," he said.

Spartans and Cadets join forces

By Isaac Devoid
Castleton Spartan

Castleton and Norwich men's lacrosse teams came together last weekend for a 24-hour fund-raiser at the Castleton College rock wall.

The two teams set out to raise money in memory of a fallen Norwich lacrosse player, Connor Roberts.

Roberts had just finished his sophomore year at Norwich, where he majored in engineering management, when he suffered a heart attack and passed away in his hometown of St. Albans, Vt.

Roberts' older brother, Ben, was a student at Castleton as well as a member of the Castleton lacrosse and hockey teams. Ben helped his younger brother develop a strong relationship with the Castleton community.

"It's something that has brought our teams together for a common good. Connor was a great competitor, but an even better person," said Castleton men's lacrosse coach Bo McDougall.

The main goal of the climbathon was to have one person climbing at all times throughout the 24-hour period.

The two teams solicited sponsorship donations to raise money for a memorial fund in Connor's memory.

Castleton midfielder Zach Devoid is ecstatic at the fund-raising success thus far.

"The Norwich and Castleton communities have done a great job of raising money for Connor's fund. The support has been unreal," he said.

The online Go Fund Me page has raised over $4,000, not including cash and check donations.

It gets tougher to climb up, but we push through and grind it out for the cause," said Castleton player Matt Levins.

McDougall echoed Levin's words of encouragement.

The climbathon concluded with 1,583 climbs made; raising over $6,000 in online and cah donations.

"The groups have come in and brought a ton of energy. It's awesome to see them collaborate," he said. "To support the Roberts family and our former captain is an honor," he said.

Alex Denny scales the climbing wall.

Lax team looks for redemption

By Jordan Lumsden
Spartan Contributor

The Castleton men's lacrosse program will try to avenge its NAC title loss by making a run to return for another opportunity to claim the crown. The Spartans look to make it to an unprecedented 12th straight NAC title appearance in the 2015 season.

The team is led by offensive machine Zach Davidson who looks to finish off his historic career on a high note.

"He's very balanced when he takes it himself and when he dishes it off to teammates," coach Bo McDougall said about Davidson. "It makes it easy to build an offense around him."

Returning for his fourth season as the Spartan head coach, McDougall is especially excited for this season.

"The seniors now were the freshman during my first year coaching here," said McDougall. "It's nice that we're all on the same page and there's a common mindset, common philosophy that we all share from our senior class right on down to our freshman class."

McDougall added that this year the players really understand and have that one-day-at-a-time mentality. Being unselfish is the biggest part to team success, McDougall said. He also added that the freshman this year will play big roles this upcoming season.

"They're a hardworking unselfish group of guys that realize it's going to take all 35 of them to accomplish the things we want to accomplish," said McDougall

The Spartans head into the season with a chip on their shoulder to prove they're the best in their conference as they're ranked No. 2 in the NAC preseason poll. This chip was chiseled after the loss to New England College in last year's championship game.

"We had an edge long before this poll came out and we'll have an edge with us throughout the season," McDougall said

The most important thing, he said, is not to look ahead and "not try and force a square peg into a round hole"

McDougall did emphasize the importance of returning to the NAC title game.

"Come May, we want to be playing for that championship," said McDougall. "There's a foundation and culture in place that that's the absolute destination that we want to be at."

Castleton opens the season against St. Lawrence on Feb. 27 at 2:30 p.m. The game will be played at the Adirondack Sports Complex in Queensbury, N.linkY.

SARA NOVENSTERN/CASTLETON SPARTAN

Castleton women's basketball seniors Meghan O'Sullivan and Jade Desroches pose in Glenbrook Gymnasium.

1,000 points - EACH

Seniors share milestone only one week apart

By Pat Shaughnessy
Spartan Contributor

Scoring 1,000 points is a huge accomplishment for any player. But having one team with two 1,000-point scorers in the same season? Now that's rare.

However, that's just what happened with the Castleton women's basketball team this season, with seniors Meghan O'Sullivan and Jade Desroches reaching the mark less than a week apart from each other.

"As freshmen, I definitely thought that both players could be major contributors to the program," said head coach Tim Barrett. "Now looking on their accomplishments, it's easy to see that they epitomize what a student athlete should be."

With such illustrious careers and impressive resumes, it would be easy to think that both players arrived their freshman year with brash expectations and lofty goals for themselves. However, both players came into the program much the same as anyone else – timid and a little intimidated.

"On my recruitment trip to Castleton, I watched the team play Husson. The girl that played my position was really talented so I was definitely intimidated in that way," said O'Sullivan, a forward.

Desroches was much the same way, citing the fact that because she is much smaller than a lot of the girls on the court, she was a little intimidated as well.

Barrett said he sensed their reluctance, but said it was short-lived.

"Meghan maybe played a little bit nervous to start her career. She was slow to come out of her shell and Jade's season was cut so short (because of an injury). They both contributed quality minutes early on in their career, though," he said.

The seniors have taken different paths to success in their careers. Desroches tore her ACL in her freshman year, cutting her season short after just seven games. O'Sullivan had to learn the nuances of her position and get used to the size of her competitors. Both players pointed to those examples as their biggest obstacles to come back from. During these times, neither player thought about their moment coming, but it did.

The moment came for O'Sullivan on a Saturday evening on the road against conference foe Thomas College. With 5:16 to go in the first half, Bryanna DuPont fed the ball to O'Sullivan, who made the jump shot for the 1,000th point of her career. Her reaction in one word? "Relief."

While the game was on the road, her family and friends knew just what to do to make it seem like home.

"My parents drover over seven-and-a-half hours to watch the game," O'Sullivan said. "My suitemates sent signs up with fans to the game and had "1,000" balloons set up for me when I got back to my room."

Desroches' moment came one week later, in a home game against conference opponent Maine Maritime. Also in the first half, Desroches' 1,000th point came on a layup. Desroches humbly said it was a big relief and that she just wanted to get it out of the way.

Being a home game, the environment was naturally a little different. When the point was announced, the Glenbrook faithful rose up in celebration along with the Castleton bench. Desroches family was in attendance as well to make the moment all the more special.

Moments like those are very rare for players so one might expect them to revel in it and really soak in the environment. For this pair of seniors, though, it was right back into the game itself, tossing individual accolades aside.

"Both players are so unselfish. They have been such quality players with so much success throughout their careers. They were obviously both happy and emotional, excited. But they were both right back to the game. They both value team success over individual success," Barrett said.

Being the 14th and 15th 1,000-point scorers as well as the winningest pair in Castleton women's basketball's storied history is a big accomplishment and both players said they wouldn't trade in their time at Castleton for anything.

"I have no regrets going to school here. I'm from Vermont so I wanted to stay close to family and friends," Desroches said.

O'Sullivan echoed that statement.

"Absolutely no regrets at all. I love Castleton and have since I got here as a freshman," she said.

The Spartans are currently 20-4, sit in first place in the North Atlantic Conference and look poised to make a post-season run. When asked about their plans for this team moving forward, both players have an eye to the future.

"Stay first in the NAC to receive a home playoff game would be huge," Desroches said.

"To stay in first place in the NAC, get a home playoff game and that's as far as I'm looking for now" O'Sullivan agreed.

Barrett also has high hopes for this squad. When asked how far the team could go he responded, "Not sure. They have the ability to contend for a conference championship, absolutely. But there's still room to grow with this team and we need to continue to improve. We haven't played our best basketball yet."

That statement is a great sight for Spartan fans and a scary sight for the rest of the NAC. One thing is for sure, though, these seniors have not had their last moments in Spartan green.

Softball team has sights on NAC title

By Jordan Lumsden
Spartan Contributor

The Castleton softball team will have a new face in the dugout this season with the addition of new head coach Eric Ramey. Ramey, however, is no stranger to this program, having coached the Spartans from 2003 to 2005 with two winning seasons. The Spartans are ranked No. 1 in the NAC preseason poll and look to back up that lofty slot this season.

The scenery has changed since Ramey was last calling the shots. He said the current field was not the field they played on in the early 2000's

"They've (Castleton) made a tremendous commitment to the athletic program," Ramey said. "The improvement has made this place much more attractive."

Ramey is enthusiastic about the group he has this year.

"I got to meet the girls in the fall so I got a real good feel for what we have talent wise," Ramey said.

Ramey also emphasized the commitment the team has for each other. The sense of family is the big asset that Ramey said will help them throughout the season. Just like any family, he said he realizes there will be some ups and downs.

"We'll find out who we are the first time we face adversity. That will really shape who we are," Ramey said.

The theme being carried throughout the team is believe in each other and believe in yourself.

"There's a process to what we do. How we practice affects how we play," Ramey said. "We'll do the things we need to do and all the pieces will fall into place."

Although health and weather are big factors, the biggest obstacle will be Husson, Ramey said jokingly.

"Until someone knocks them off of the mountain, they're the king," said Ramey.

Ramey did say he may be the team's leader, but the ladies on the team will be the ones who make things happen.

"This is their team, I'm just driving the bus," said Ramey.

Ramey looks to steer that bus in the right direction as the Spartans open up their season at home on Thursday March 12 at 11 a.m. against the University of South Carolina Sumter.

Seniors end regular season on high note

By Mike Davis
Castleton Spartan

With another successful "Pink the Rink" event coming to a close, and Friday's heartbreaking home loss to fourth-seeded Norwich, it was time for another roller coaster ride with the Castleton women's hockey team.

However, there appeared to be some light at the end of the tunnel and a glimpse of positive energy on Saturday, Feb. 21.

It was "Senior Day" at Spartan Arena. Seniors Emily Raber, Tori Pizzuto, Molly Howard, Brie Narodowy, Samantha McNeil, Jessica Spidle, and Paula Stephens took center ice to be recognized by friends, family, peers and fans.

The Lady Spartans wanted to finish the regular season off on a high note and that they did, defeating the NEC Pilgrims (1-23-1, 1-15-1 ECAC), who suffered their 16th straight loss with a final score of 4-1.

COURTESY PHOTO

Spartan seniors pose at center ice for their senior game.

Not only was this the last regular season home game for the seniors, it was also the last regular season home game for graduate assistant coach Katie Kleinendorst, who is in her second season with the team and will be missed by many Spartans both on and off the ice.

Castleton (12-11-2, 7-8-2 ECAC), looked energized and hungry right from the opening face-off and controlled the puck for much of the first two periods; eventually taking a 1-0 lead late into the second period when Anna Daniels slapped one through to the back of the net.

Daniels would later score her team leading 11th goal of the season and Pizzuto also scored her fourth goal of the year. The Pilgrims would get one goal back thanks to their ace Amanda McGoldrick's, but Jessica Cameron's 20-save effort in goal would once again prove too much for NEC to overcome.

With the rather lop-sided Pilgrim team coming to town, the hype was certainly not for the competiveness of the game, but was more about the seniors of Castleton College, and being recognized for their outstanding efforts, contributions and sacrifices that they have made over the last four years.

"I was very happy to honor our seniors," Cameron said. "They put in a lot of work into making Castleton hockey what it is today, and it was nice to get a chance to show that."

Pizzuto weighed in on the Spartan's success.

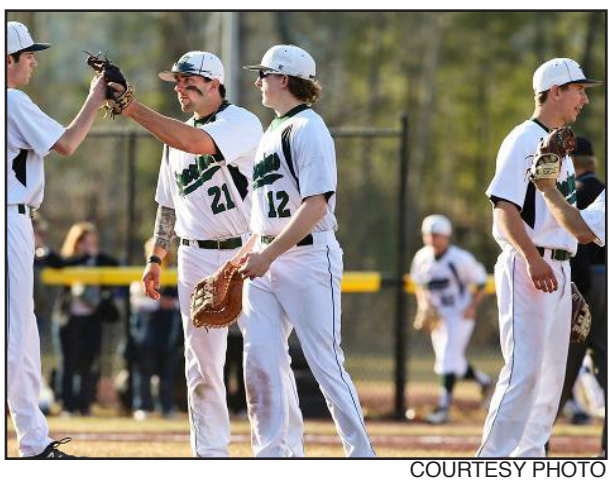
"We played a really solid game the day before and we felt like we had to come out just as strong. Everyone was pumped up and we played as a team," Pizzuto said. "We've really come together the last few weeks and it's showing out on the ice."

Individual accolades may be important for some, but not Pizzuto.

"We all want to score but in the end it doesn't matter who gets the points as long as we come together for the win," said Pizzuto.

The Lady Spartans will continue to practice and prepare for their first round home playoff game and will wait to see who they will play in their ECAC East Quarterfinals matchup at Spartan Arena on Sat. Feb. 28.

Baseball team optimistic despite losing five key starters



COURTESY PHOTO

Spartans celebrate during a game last season.

By Jordan Lumsden
Spartan Contributor

The Spartans baseball team has high hopes for this season being ranked number one in the North Atlantic Conference's preseason poll and looks to return for a third consecutive NAC title appearance. They have opened up their season in Texas facing four Dallas area schools.

Pressure to return to the NAC championship game, however, is the last thing on their minds.

"The best approach is to focus on the day-to-day stuff," said coach Ted Shipley. "We just try and get a little better every day and the rest will work itself out."

Castleton has faced Husson in back-to-back NAC championship games, but Shipley said they aren't the only team to contend with.

"All of the teams in our conference are capable of being strong competition," he said. "The team that I'm most impressed with is (University of Maine) Farmington. I thought they had a real solid team last season and only graduated one player."

Castleton lost five seniors from last year's club, who will be tough to replace.

"We lost five quality players. Four guys in the meat of our order and one pitcher," said Shipley.

Shipley followed that up by saying that every year is a new year and he isn't concerned with the leadership of the team. He also said that while they are going to take the season one day at a time, he does have goals for the season.

"I just like playing high intense games … the plan is to keep playing until we can't play anymore," Shipley added.

Passionate, hardworking and respectful were some of the words Shipley used to describe his team this year.

"We're just looking forward to getting outside and playing," he said eagerly.

The Spartans are 1-2 this season and look to return home to face a competitive NAC schedule

The Spartans home opener is against New England College on April 7 at 2 p.m.

COURTESY PHOTO

The Castleton College women's soccer team poses for a team photo in front of the Ronald McDonald House in Burlington, Vt. in Sept. of 2014.

Spartans give back to the community

By Andrew Cremins
Castleton Spartan

It's the fall of 2013. The head coach of the Castleton State College women's soccer team, Chris Chapdelaine, gets home after a long day of work and begins sifting through his mail where he finds a flier; it catches his attention. It told a story of a woman who spent 180 days with her twins at the Ronald McDonald house in Burlington. Chapdelaine is instantly reminded of his family and their own experiences, inspiring what would be a great tradition between the Ronald McDonald House and the Castleton women's team.

As community involvement, the Spartans will take a day to volunteer at the Ronald McDonald House in Burlington doing a variety of tasks. Chores, fundraising for the house, and of course hanging with the patients are among examples of what they do.

This is one of many examples how Castleton athletic teams are constantly immersing themselves in the community and continually working at increasing their involvement.

"Volunteering isn't something you teach," Chapdelaine said. "It needs to be cultivated."

Castleton President David Wolk keeps the college's community efforts and involvement at the top of his list.

"(The community) is one of the primary reasons for making investments in sports and the arts," said Wolk. "I knew from my experience, athletics much like the arts can galvanize a college."

Since he took the reins of the college 14 years ago, the athletic programs have gone from fewer than 100 student-athletes and 11 or 12 varsity teams to nearly 500 student-athletes and 25 varsity teams, according to Wolk.

Some of the other community involvements with Spartan varsity teams have been events or organizations of great variety.

The Eric Douglas Dettenrieder Memorial Fund was formed in memory of a boy who had the passion for skiing and would teach terminally ill children how to ski. The men's and women's basketball teams have done and continue to do, events with the EDD Memorial Fund in teaching basketball drills/skills to children with any form of disability. Players and coaches use adaptive approaches with the participants to meet their physical needs, enabling them to perform the drills.

Men's head coach John O'Connor brought "Grassroots Soccer," a non-profit or 501 c (3) to Castleton when he took over in the fall of 2013. The organization's mission is to "use the power of soccer to educate people and stop the spread of HIV." The men's soccer team hosts a 3v3 "Lose the Shoes" (barefoot) soccer tournament to raise money for Grassroots Soccer. All the proceeds go to Grassroots Soccer.

These are some more of the organizations teams in the Castleton athletic programs have been working with: March of Dimes (women's soccer); Wounded Warrior Project (men's hockey); Learn to Skate Program (women's hockey); Castleton Mentoring Program (multiple CSC teams); The Blanket Project (softball); Game Day (baseball), and many more.

The Spartans are having a huge impact on the community members and the experiences with each other have been memorable ones, to say the least.

Director of the EDD Memorial Fund and sister of Eric Dettenrieder, Gretchen Owens, describes one child's experience with the EDD.

"I remember watching one particular boy who was shy," Owens said. "His mother reached out to me and said her son will always remember this for the rest of his life. He always looks at his medal."

For some coaches, like head baseball coach Ted Shipley, the message to send is quite clear.

"I've always felt playing college baseball is a privilege. It's all about giving back," said Shipley.

Spartan athletes, both former and present, have thoroughly enjoyed their experiences within the communities near and far.

"I get a sense of fulfillment. It's nice taking an hour out of your week to help someone out," said junior Spartan football player Luke Quesnell.

Carnelius Green, a senior forward for the Spartans men's basketball team chuckled as he recalled one of his personal experiences; one boy came up to him and compared him to *THE* Michael Jordan. Though he was gateful for the comparison to MJ, Green finds the time with the children and participants during these events most meaningful.

"You can tell they really enjoy being here; that's most memorable for me," Green said.

Jenna Bostwick is graduating this May and played four years for the Castleton State College women's soccer team under Chapdelaine. Bostwick, like Quesnell, was really moved emotionally by her experiences at the Ronald McDonald House. She described an experience with one of the patients who was 5 or 6 years old that put things in perspective for her:

"I remember just seeing the girl for the first time. She was sitting at the counter eating breakfast. She had no hair on her body at all, so it was like, 'wow!' I have to be thankful for the genes and everything my parents gave me. I'm so lucky to be standing here, rather in the position of this poor little girl," Bostwick said.

Many of these experiences are remembered as happy and emotionally moving. However, sometimes community involvement may be less as enjoyable in the event it memorializes the loss of a loved one.

The head coach of Castleton men's lacrosse, Bo McDougall, partnered up with in-state rival Norwich University to host a 24-hour rock-climbing marathon Feb, 21 and 22 in honor of former Norwich Cadet, Connor Roberts; Connor died in June of 2014. He is the brother of former Spartan hockey and lacrosse player Ben Roberts, who graduated in May of 2014.

"When you're at the calling hours for Connor and you see both teams there, you kind of realize there's on-field rivalries and then there's bigger things in life," said McDougall of having the rival schools joined in a cause.

McDougall has been making efforts to have his players do forms of community involvement that is on a more personal level for the players. He hopes in taking this approach, players will be even more invested, having something that really resonates with them.

"It's great to have two rival teams come together for a cause and we're really excited about that," McDougall said. "That's what community service is about."

COURTESY PHOTO

Soccer players rake leaves at Ronald McDonald House.

COURTESY PHOTO

Doug Krouse teaches basketball drills to EDD memorial participants.

COURTESY PHOTO

Football players cut wood for a local community member.

Castleton adds Nordic skiing as varsity sport

By Margie Kuchinski
Spartan Contributor

Starting during the 2015-16 academic year, Castleton College will be adding Nordic skiing as a varsity sport. According to Nordic Ski Club officers, the success of club, along with the success of Castleton's Alpine ski team, helped contribute to the college's decision to form a Nordic ski team.

Nordic Ski Club Coach Melissa Crossman said there has been "some strong interest" in forming a Nordic ski team from both current and prospective students.

Crossman has been the faculty supervisor of the Nordic Ski Club since its humble beginnings two years ago. Currently, the club is home to a variety of skiers, both beginners and advanced.

In preparation for the addition of the Nordic ski team, the current Nordic Ski Club has been partaking in local races. Earlier this month, members of the club competed in a biathlon at Mountain Top Ski Center in Chittenden.

"The biathlon was definitely nerve-wracking and painful, but it was worth it," said Colleen Kunz, vice president of the club.

Kunz says overall it was a positive experience. She's looking forward to the next race and joining the team next year. Kunz only hopes the future races will not be as hilly as the last.

Some newcomers to the club opted to sit out of the first race and watch instead.

"As a beginner, I wasn't confident in my abilities. I went to the race though and noticed that everyone was very positive. I'll definitely do the next race and join the team," said freshman Ali Nelson.

Not everyone in the club shared the same enthusiasm as Kunz and Nelson did toward racing.

"It [the biathlon] was memorable and bullshit," said Caitlin Ryan, secretary of the Nordic Ski Club. Ryan said racing for her was a "one and done type of deal." Ryan is confident that she will not be joining the team next year due to her academic schedule and lack of excitement about racing.

Crossman has confidence, despite mixed opinions, in the team's future.

"Castleton has great potential for a highly competitive Nordic ski team, similar to our alpine ski team. We already have some very excellent skiers within the club," she said. "As far as the beginners, I do not think they will inhibit the ability of the future team to rise and win. I believe in them."

Castleton Spartan

CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

Wednesday March 11, 2015 CastletonSpartan.com Castleton, Vermont

Skolnik fights for equal rights

By Callie Ginter
Castleton Spartan

When Michael Skolnik was only 14 years old, he moved into a friend's spacious apartment in the upper east side of New York City, alone. He told the audience at Castleton State College how he met lot of multiracial friends in New York and how one evening he was at a party with his black friend, Omar.

He said that night, Omar was trying to hail a taxi cab to get home safe. Attempt after attempt, the cabs drove past him.

Skolnik, who is white, decided to stick his hand out to help – and a taxi immediately stopped.

"At the moment, I won the jackpot," said Skolnik, explaining how that moment charted his future.

Skolnik, a 21st century civil rights activist, website editor and film producer, came to Castleton Monday to speak to students and staff and to ask a loaded question: "What is going to be your purpose? How far are you willing to go to be happy?"

For him, the light for his future turned on that night with Omar, he said.

"I fight for the other because I know what I have," Skolnik said. "The more you give the more you get … my job is to give."

Skolnik gripped the audience's attention at both of his sessions; once in the afternoon at a more casual forum in the cozy Herrick Auditorium, and again in a more formal talk later that evening with a gripping slideshow in the spacious evening in Casella Theater.

Through both talks he touched on numerous issues including inequality on how murdered white and black children are treated in the media, gender inequality, privilege, misogyny in the hip-hop world, police brutality and how mandatory minimum drug sentences are racist.

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SARA NOVENSTERN / CASTLETON SPARTAN

Michael Skolnik speaks about white privilege to students on March 2 in the Fine Arts Center.

Real world is real close

Official says students need financial literacy course

By Bryce Kaler
Spartan Contributor

Castleton College graduates leave college armed with degrees in business, education, communication and dozens of others.

What they still lack, according to some school officials, is knowledge to deal with their debt and financial life after college.

"In my short time here, I've noticed students are not nearly as prepared for life after graduation as they should be," Director of Career Services Renee Beaupre-White said.

Beaupre White's sentiments are based on feedback from former students who have admitted to not realizing what student debt and living expenses would be before they were forced to make the payments.

Although there seems to be a deficiency in financial literacy understanding among students leaving Castleton, there are ample ways to fill in the cracks, she said.

Beaupre-White and Career Services have organized several events to improve this lacking aspect of education. One of these events, "The Game of Life," will be held March 25 in the 1787 Room from 5:30-8 p.m. and is designed to provide students with a series of choices they'll be forced to make in life following college.

Peg Richards, business department chair, says she thinks graduates are not well poised to enter the professional world.

Kenny Bourneuf, a former Castleton graduate, supports Richards's thoughts saying he never really considered the "next step" after graduating.

"Once the student loans, rent and insurance bills started rolling in, I knew I didn't understand much when it came to financial literacy or budgeting," he said.

Richards offered a financial literacy course this past summer, but had to cancel it due to under-enrollment. She says she'd like to see "a required financial literacy course implemented as another graduation standard, teaching students about student loan debt, budgeting and identity theft."

Graduation standards are in place to make sure that Castleton students ultimately leave with a minimum baseline knowledge that, in addition to the course knowledge attained, can lay the foundation for a successful adult life. Since financial literacy appears to be a lacking brick in that foundation, adding this new requirement may prove priceless in the college education.

Former student Jeremy Cohen and current senior Nathan Koenemann, echo Richards's idea. While Koenemann believes that the course should be open to any class, Cohen argues that only seniors and juniors should be among those eligible to enroll.

Bourneuf said budgeting was the most difficult thing he had to learn after leaving Castleton.

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An experience of a lifetime

COURTESY PHOTO

Elise Hussa embraces students from a local elementary school in Danli, Honduras during her trip with Castleton's Rotoract Club.

By Daley Crowley
Castleton Spartan

After returning from their service trip to Honduras, Castleton students find their everyday problems to be miniscule and unimportant.

"This trip was definitely the experience of a lifetime," said Rotaract Club member Emily Burke.

Castleton's Rotaract club focuses mainly on community, club, financial and international service and professional development. Last year, the club organized many community service projects, but this year they concentrated more on international service.

Rotary groups have been volunteering in Honduras for the last 60 years, and this February, nine Castleton students were able to experience what life is like there.

After generous donations, spaghetti dinners, bingo nights, numerous bake sales and many other fund-raisers, the group was off to Central America.

But not without some complications and delays.

"Because of the huge storm in Boston our first flight was cancelled," explained Daniel Warnecke. "Our bus trip turned out to be about 45 hours with barely any sleep."

Rotaract Club President Maria Burt spent hours revising travel plans.

"Saturday night was a huge mess," she said.

Elise Hussa said the trip there was a struggle.

"A couple of our busses were canceled, so we had to nap on the floors of the bus stations. We were in the same clothes for so long. It was pretty gross," she said.

They finally arrived at Hotel Granada in Danli, Honduras and quickly realized that repeated days in one outfit and naps on bus station floors were nothing compared to how some Hondurans live.

"The culture shock was unreal," said group member Emily Burke.

The city's streets were filled with stray dogs, men on horses herding cattle, armed police guarding buildings, men carrying machetes, and trash.

"There was trash everywhere! Every inch of ground was covered in garbage," said Burke.

"It's just so different from the United States," added Susan Gay.

The students remember being especially surprised by the divide of social classes. They saw the lower-economy families who lived in huts made from scraps and wealthy family's huge, gated homes all within a two-hour drive from the bus station to their hotel.

"There was no middle class. You're either dirt poor or you're extremely rich," said Warnecke.

The group got to see just how divided the social classes were when they volunteered at two local elementary schools.

"We really got to experience the two extremes when half of us went to a super poverty stricken school and the other half went to a wealthy school," said Gay.

The wealthy students could speak English and had plenty of supplies while the poor children were taught in a one-room schoolhouse with just the basics.

"A lot of their supplies were donated," said Gay. "They had simple supplies like pens, paper and a few crayons."

The club members said clean water was also hard to come by. Because of the weather delay, the group was unable to work on the construction project they had planned.

"We had originally planned on putting in water filtration systems because their water down there is so bad," explained Warnecke. "We had to cover the faucets in our hotel because we would have gotten really sick if we had drank their water."

Instead of the filtration project, the students began work elsewhere.

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College chef makes gourmet caramel candies

By Chris Manjuck
Castleton Spartan

Chef Mike Esposito cooks food for Castleton College students at Huden Dining Hall, but on the side he is also the owner and founder of Fat Chef Confectionary's. The 35-year-old creates coffee, honey, chocolate, salted, and plain caramels in his kitchen at home and sells them to local stores in the area.

The caramels come in thick smooth rectangles and are color coded including red for salted, black for chocolate, orange for coffee, yellow for honey and white for original. Each bag consists of six pieces and a variety pack contains two of each flavor.

Esposito was born and raised in Rutland. He graduated from New Hampshire College, now known as Southern New Hampshire University, in 2001 with a degree of culinary arts.

He said he stated to make caramels for his friends a few years back. One of his friends was so impressed, he encouraged him to start selling them.

"Once I added salt to the caramels, my friends went bananas," said Esposito.

The debut of Fat Chef Confectionary's was at the Outside Farmer's Market in Rutland in May 2014. Because of a banner that ran across his table with a catchy name and caricature of his face, he said his booth was successful.

"People kept on asking me if that was my face on the banner, which it was," he said with excitement.

Esposito considers the caramels to be an impulse item, something customers aren't typically shopping for, but that sits next to a register and the person all of the sudden wants to have it.

"Every candy product that has the name Fat Chef Confectionary's on it is cooked, cut, wrapped, bagged, and labeled all by myself," said Esposito. "Having a full time job, and a business on the side is like a juggling act."

But he said he has a plan to manage supply and demand.

From start to finish, the caramel product can be produced in a day, and he said he currently has a small stockpile at home as well.

A sample of the gourmet, salted caramel variety was handed out to a group of college students sitting around watching TV on a Wednesday night. All who gave it a try wanted another.

"I could eat these caramel candies everyday, 'til the day I die," said Castleton junior Taylor Noonan.

Stores selling them in Rutland include Bellomos Market, Terrill Street Discount Beverage, Olivia's Market, and Rutland Country Store. Fat Chef Confectionary's also makes an appearance at The Phat Italian Market and Deli in Killington, Bridges Country Store in Mendon, Beverage King in Bomoseen and the Jiffy Mart in West Rutland.

"These candies started off great," said an employee at Beverage King. "College students love it because he works right at the school."

Orders can also be made at Esposito's Facebook page, Fat Chef Confectionary's. Liking his Facebook page will keep customers up to date about news of the sweet caramels. The cost of the individual flavor packs is $5, while the variety pack cost $8.

CHRIS MANJUCK/ CASTLETON SPARTAN

Sodexo chef and owner of Fat Chef Confectionary's Mike Esposito poses with his hand-made salted caramels.

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Prepare yourself

It's not uncommon for college students to be taken advantage of. We're bled dry by tuition costs and interest rates. Our landlords take our security deposits and don't fix our problems. Many of us get our degrees and the only jobs we can find are unpaid internships.

Most of us will walk across the stage at graduation and find ourselves with a pile of new debt, new bills, and new responsibilities. We've just spent the last four years preparing for a career, but shouldn't we also be preparing for life?

Castleton's Director of Career Services Renee Beaupre White feels that many of the students she works with are ill prepared to handle what comes after graduation regarding their finances.

In order to graduate, we must prove to be proficient in quantitative reasoning, information literacy, effective speaking and writing.

Shouldn't we also be required to know how to handle our own finances?

Castleton offers programs and seminars on managing debt and learning how to create a budget and handle living expense for students who are so inclined, but how many college students do you know will willingly give up their time to talk about their impending financial headaches? Not many.

We're at a time in our lives when nothing is quite real yet. We're living the dream and pushing our problems back to tomorrow, but those problems are going to get real – real fast. When that happens we'll wish we went to those seminars.

Beaupre-White would like to see a requirement in place for all students to complete a financial literacy course in order to graduate.

This is something that will greatly benefit Castleton students, and give us an advantage over all the other clueless 20-somethings out there.

The cost of college, the obscene amount of debt we accrue and the fact that we, as college students, are treated as profit centers is a huge problem, but it's not one that will be resolved in the next few years, so we need to do what we can to arm ourselves against this problem.

Learning how to manage this debt and manage our living expenses is imperative to ensuring we enter the world as fully functional adults, not as students to be taken advantage of.

Knowledge is our best weapon in this fight, and it's a knowledge that's as important as everything else we've learned in the past four years

-Jorah McKinley

Fresh Perspectives

Studying abroad is something every student majoring in a language has to do. It doesn't matter when you do it, but you have to go somewhere for at least a semester.

A common misconception is that you have to be majoring in a language in order to study abroad. This is most definitely not true. Any student, at anytime in their college career, can study abroad almost anywhere.

This is something that I have been thinking a lot about recently. My second major is Spanish and I know that at some point in the next four years, I'm going to have to spend at least a semester of it in a foreign country.

That scares the hell out of me.

I know a bunch of people who would jump at the chance to study abroad and probably think I'm crazy for being so afraid, but I don't care who you are. Being alone is scary for everyone.

I've decided that going sooner rather than later is probably better.

I am someone who is afraid of pretty much everything, but I am also someone who doesn't let fear control my life. Every time I find something I am scared of, I make a point to do that thing as soon as possible, because I don't want to live my life in constant fear.

That is why I know that as nervous as I am going to be, and as many bad days as I will probably have, this is going to be a life-changing experience. I'm not about to pass that up just because of a little fear.

More and more, I am starting to realize that so many students are studying abroad, and I think that is amazing.

Traveling is on almost everyone's bucket list. If you have the opportunity to do that while you're young, and can get college credits for it, why not just do it? Not to mention, you can pick some place tropical and get away from this freezing Vermont weather.

Every time I tell someone how nervous I am to study abroad, they always say that it is going to be a great experience, that I will come back fluent in Spanish and that I will regret it if I don't go.

As much as I know they are right, I have to make the decision by myself, and I know that the only way I am going to get over my fear is if I know that it is my decision to go.

Recently I've realized that it is important to take things at your own pace. It's great to get tips and suggestions from other people, but the final decision in anything involving your life has to come from you.

If I went abroad just because everyone was telling me to, and I knew that it was the right thing to do I probably wouldn't take as much from it. But because I know that it is my decision to go, I can make the most of my time there and just enjoy it because I know that it is for me.

This means that if my application gets accepted, I'll be on the first flight out to Malaga, Spain this fall, and I couldn't be more excited.

-Carly Trombley

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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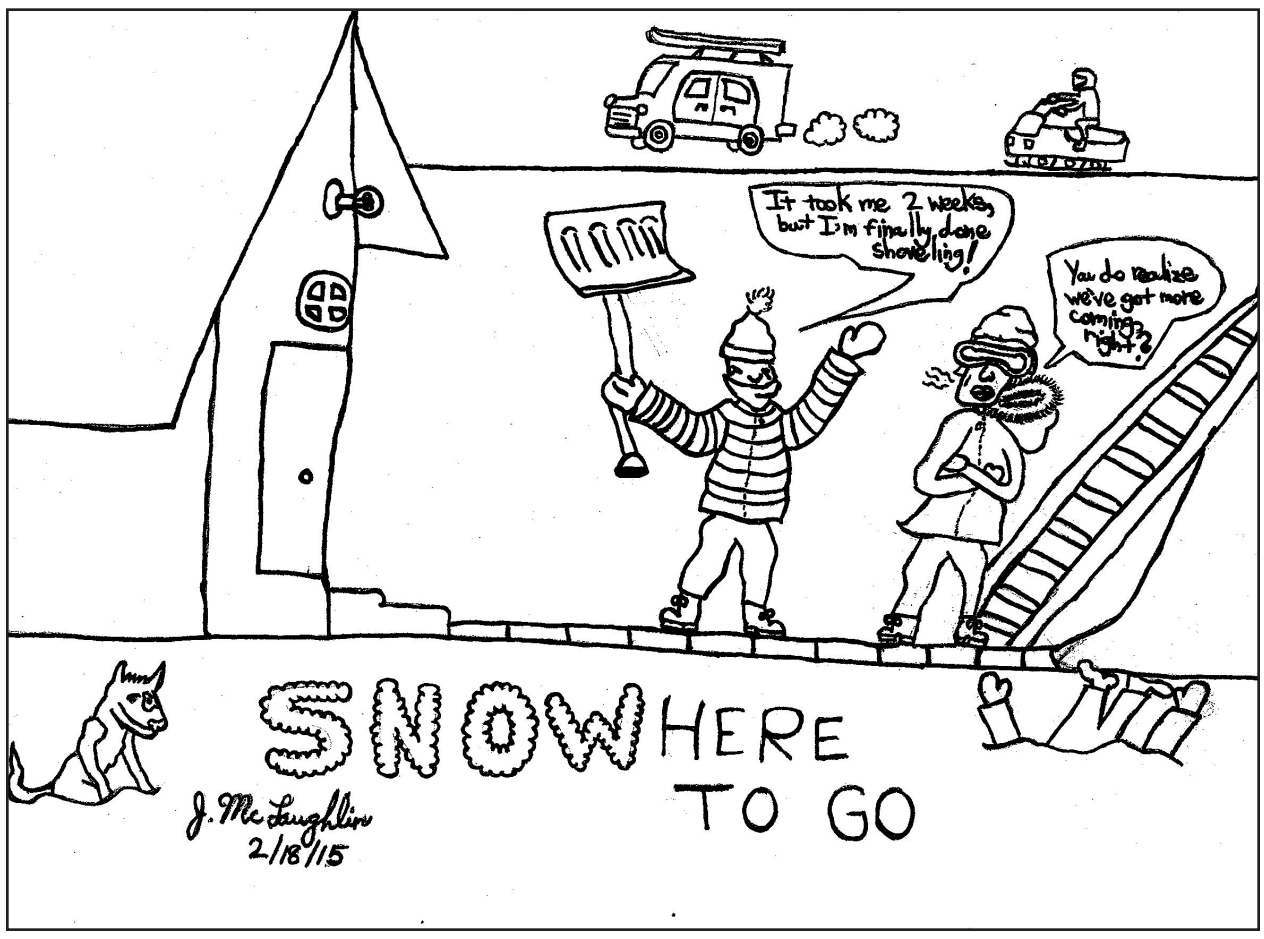
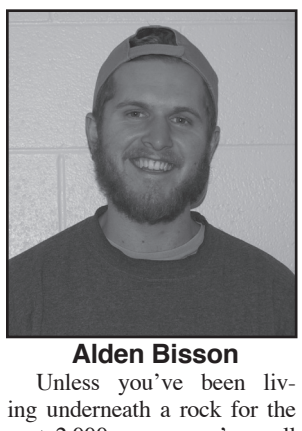

It took me 2 weeks, but I'm finally done shoveling!
You do realize we've got more coming tonight?
SNOWHERE TO GO
J. McLaughlin
2/18/15

Skolnik lacks substance



Alden Bisson

Unless you've been living underneath a rock for the past 2,000 years, you're well aware that racism exists. If you don't believe that, I'd love to hear your evidence to support that theory, along with your thoughts on dinosaurs and the Holocaust.

Evidently, it would appear as though many Castleton students have been snuggled up quite comfortably underneath that rock for quite some time. Oblivious to the fact that racial discrimination is still an ongoing crucial problem.

Human rights activist Michael Skolnik, who you've probably just read about and his time at Castleton, gave an inspiring speech dealing primarily with racism in America at the Soundings event on Feb. 23.

The result was an overwhelming success. Finally, someone is talking about real world issues! Students were thrilled with the idea of discussing such a sensitive topic and no one bum-rushed for the door as Soundings ended.

Skolnik is a smart man. He majored in theater arts while attending the University of California and after watching his performance, it was nearly impossible not to be swept away by his breathtaking stage presence. He knew exactly what to say and how to say it.

However, I wasn't completely sold. Yes racism is an ongoing conflict in this country and yes Skolnik had done his due diligence regarding the issue, but something was missing. For the 90 minutes Skolnik was on stage, I waited. Waited to hear his ideas. His thoughts. His answer to solving what has become a nationwide epidemic. But there was nothing. Nothing at all. Nada, nil, zilch, zero. Just a big fat doughnut of answers.

When asked what he thinks can be done to put an end to inequality, Skolnik tip-toed around the question, in turn flipping the question onto the students.

For a man whose life consists of studying the problem of race and inequality, you'd think he'd at least have a few suggestions for ways to put the dispute to rest. Instead he settled into the beating a dead horse routine. Racism exists, there's no equality, black lives matter, the sky is blue, yada, yada. All night it was story upon story, but where was the depth? The insight? What Skolnik lacked in original thought, he made up for with a mesmerizing stage persona. Look beyond the smoke and mirrors.

Regardless, students ate it up.

"He made me understand white privilege; I was like 'Wow I get it now," said junior Andrew Breting, who apparently never read "To Kill A Mockingbird" growing up.

Besides not having any solutions, Skolnik also failed to acknowledge key details. He repeatedly brought up the fact that all these young black victims deaths were a result of being shot and killed. SHOT and KILLED. If Skolnik truly wanted to spread a message for human rights, he'd fight for stronger gun laws, but not once did he mention the underlying theme of gun violence throughout his stories.

As a man who claims to be putting an end to stereotypes, he oddly boasts about his. Stating that he's white and Jewish for the umpteenth time, he felt that wasn't enough. He proudly proclaimed his outfit cost less than $100 with a smile on his face thinking he's ending stereotyping. Aren't Jewish people notoriously perceived as being stingy with their money? And just how does persistently declaring you're white and Jewish help end stereotyping?

Skolnik's misconceptions didn't end there, as he went on to blast the media for not covering the deaths of many black children, but having no problem showing every white child who has been shot. This is not the media's fault. While Skolnik is correct that the death of a white child will receive more attention than the death of a black child, assuming that's because of their personal prejudices is ignorant.

Skolnik, who works in the news business himself, should know that there are certain places the media won't go. A murder in Compton will receive far less attention than a murder in Beverly Hills. Is this the medias fault? No! If anything it's our fault. It's the medias job to get the best ratings; ipso facto a murder in Compton isn't news worthy in the ever-judging eyes of the public.

So what do we do? I'm not an expert on race nor do I claim to be, but I will at least share my thoughts. Don't make race into an issue. Don't let inequality bother you. Why make a mountain out of a molehill? Just be happy. Will racism every truly disappear? Probably not in this lifetime, so learn to accept each other's flaws. In the words of the great Stephen Colbert, "I don't see race. I've evolved beyond that. I just pretend everyone is white and it's all good."

-Alden Bisson

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The Bakery offers another option

By Jorah McKinley
Castleton Spartan

In downtown Castleton, the color pale yellow has a distinct significance. If a building bares that color it can only mean one thing: it's a John Rehlen business.

However, soon there will be a new business in town, and it won't be yellow.

In just a few short weeks, what used to be the town laundromat will be transformed into The Bakery.

"The goal is to create something that Castleton doesn't have," said Donald Billings, owner of the new bakery. "I don't even know if there's a latte or espresso machine in Castleton," he added.

This isn't Billings' first venture into the restaurant business. He is the owner of Roots, a restaurant in downtown Rutland that specializes in local foods, a catering company, and a second location of The Bakery, also in downtown Rutland.

"We believe there's a captive audience here," Billings said of the new Castleton location. The Bakery hopes to offer a new and unique option for Castleton students and community members, he said.

It will be a place where you can grab a quick coffee and a pastry, but it will also offer a lounge atmosphere with couches, chairs, chessboards and high-speed Wi-Fi.

"Students have two places to really hang out, your dorm room and the student center," Billings said. "We're hoping to give them the choice of getting off campus for something."

Castleton sophomore Alex Brownell is excited to try out the new option.

"It sounds awesome!" she said. "That's exactly what we need here."

The Bakery intends to offer much more than just food, drinks and Wi-Fi. Billings is very focused on giving back to the community on a deeper level, whether it's to the college, local elementary schools, or sports programs.

He has spoken with community members about what they would like to see and plans on following through. The more support The Bakery gets from the community, the more Billings will be able to give back to them.

"When you have something like this it will keep dollars in Castleton," he said.

Rehlen agrees.

"I think it's terrific. Anything that brings more people downtown is just super," he said.

Rehlen's downtown businesses have been around for 40 years, and he said he's excited to have someone new coming to the area.

Billings hopes to be up and running by the end of March and will be offering discounts to Castleton students, faculty and staff for the first 30 days.

He hopes to cultivate a mutually beneficial relationship with the college as time goes on.

"The goal is that as we keep progressing, the college will benefit from us being here," he said.

SARA NOVENSTERN/CASTLETON SPARTAN

The former laundromat on Main Street will soon be a bakery owned by Donald Billings.

Alum Assoc. seeks student and faculty award nominees

By Callie Ginter
Castleton Spartan

It is that time of year again to make your nominations for the Outstanding Full-Time Faculty Award and the Leonard C. Goldman Distinguished Senior Award, Alumni Association officials announced last week.

Gary Quinn, an alumnus and former Alumni Association president, came to campus last Tuesday seeking to bolster nominations.

The Outstanding Full-Time Faculty Award recognizes a faculty member whose excellence in teaching influences students well beyond graduation. Previous recipients include Linda Olson, Bill Ramage and Robert Gershon.

"The great thing about the award, for me, is that I was nominated by alumni. It's wonderful to be able to think that years out, your old students still remember you and think maybe you've helped improve their lives," Gershon said.

The Leonard C. Goldman Distinguished Senior Award looks for a student who embodies the qualities of leadership, spirit and service to the college community and bevond.

"The great thing about the award, for me, is that I was nominated by alumni."
-Bob Gershon

"The Alumni Association does not solely define spirit as someone in the spectator section yelling 'Go Spartans!' but rather as someone who bleeds 343 Green, is not afraid to accept a challenge, and is willing to roll up their shirt sleeves to get a task accomplished whether on campus or off," said Quinn.

The recipient must be an enrolled senior during the 2014-2015 academic year and will receive a $1,000 gift at commencement.

"Since the Alumni Association believes that the vast majority of Castleton students probably possess all three of the qualifications needed to be a recipient of this award, we're surprised that we're not inundated with nominations. What graduating senior can't use $1,000," he said.

The nominations must be either handed in or emailed to the Alumni Office by Friday, Mar. 28, at 4p.m. Awards will be presented at commencement.

Darmouth College recently banned hard liquor on its campus. Castleton students say that it wouldn't have much of an effect here if the same measure is taken.

Dartmouth did it, should Castleton?

By Nicole Webster
Spartan Contributor

Following Dartmouth College's decision to ban hard liquor on its campus in January, students there have mixed views on how the new policy is working.

When Castleton students were asked how they would feel about a similar ban here, they said they don't believe it would work.

Dartmouth's plan was to ban hard liquor to avoid more embarrassments and trouble, like reported sexual assaults, alcohol poisoning and hazing incidents. The ban came a few days after former Vanderbilt football players were sent to prison for raping an unconscious woman.

Other colleges, like Bates, Colby and Bowdoin, have similar bans, but statistics on sexual assault have not changed much.

In 2013, Dartmouth had 35 reported sexual assaults, which was up from 24 in 2012. Castleton had five reported sexual assaults in 2012 and three in 2013.

Castleton Public Safety Director Keith Molinari believes that Dartmouth's ban has the potential to cut down on sexual assaults, although he said it wouldn't completely get rid of them.

Molinari also said that it would be easier to simply have an alcohol-free campus, but he said it wouldn't be hard to enforce a hard liquor ban because if you see any bottle of hard liquor it gets taken.

Dartmouth's Public Safety office refused to answer questions about the success of the ban there saying, "We're really busy here and we don't answer questions." They said other departments on campus will, but they don't have the same information that Public Safety would.

The Student Assembly at the college was somewhat more helpful.

"The student body is very mixed regarding the new ban on hard alcohol," said Student Assembly member Kevin Donahoe.

Donahoe also said, however, that students understand why the college feels the need to intervene.

But Donahoe also said the ban "may create additional problems such as more exclusivity and less willingness to get help for a friend who is too drunk."

Many of Castleton's students had similar views when asked for their opinion.

Erica James, 22, said students will still sneak hard liquor if Castleton had a ban. She also questioned targeting hard liquor in the first place.

"Liquor is quicker, but beer and wine can still cause drunkenness," she said.

She said she believes that no matter what, students are going to get drunk, but said maybe if they aren't drinking liquor, there'd be fewer cases of alcohol poisoning.

Jessica Grace, an 18-year-old Castleton student, said she doesn't believe a ban here would do much good.

"The ban wouldn't cut down on partying, and students would just go drink hard liquor off campus," she said.

Although most students interviewed think that banning hard liquor is a good concept, the majority of students here and at Dartmouth don't think it will work to stop binge drinking and sexual assault. The statistics from other schools seem to support that as well.

Out-of-state students question if debt is worth it

SARA NOVENSTERN/CASTLETON SPARTAN

By Barbara C. Doyle
Spartan Contributor

Without much support from the state of Vermont, the "small college with a big heart" lands its financial needs in part on the backs of out-of-state students – and it might be pushing them away.

With out-of-state tuition and room and board ranging from $34,000 to $37,000 a year, those students are scrambling to figure out a way to pay. Some have taken out loans totaling $15,000 to $20,000 for one semester, or basically the total cost of in-state attendance.

According to the school's website, there are about 2,100 students currently enrolled at Castleton. However, there is a higher number of part-time students than in past years.

Students say they are torn between leaving or staying and when out-of-state students were asked if students are getting their money's worth at Castleton, there were mixed responses.

"I don't want to be in debt for the rest of my life, so there's no way I'm giving the college any more of my money," said Michelle Ward, a student from New York.

"My goal was to graduate here, but I don't think I'll be back my sophomore year," said Kelsey Dunn, a freshman from Laconia, N.H.

Allie Binney, a freshman from Malta, N.Y., answered similarly.

"Part of my problem is considering debt, being away from home, and being around so many students who don't care. I don't think it's worth the money if I'm miserable," she said.

But Keara Deal, a California-born freshman, said although she can see the benefits of leaving the college, she thinks she's going to stay.

"I can find a school with my athletic training major closer to home, where I don't have to pay $35,000. I just choose to stay because I have amazing friends, and I love the east coast," Deal said.

But mixed in with the students who are considering leaving to save money, there are those who wouldn't trade Castleton for any other school.

Alexandra Nelson, a freshman from New Hartford, N.Y., said that although the college is expensive for out-of-state students, she plans on staying until she graduates.

"I love Castleton, because the people are friendly here, and it's easy to make friends. When I visited for open house, I could really see myself here as a student," she said.

After asking students why they chose Castleton versus other schools, all said they fell in love with the campus.

Castleton has a friendly environment, but even the comfortable vibe of the campus isn't enough to make some students stay.

On the school's website, there is a list of scholarships available to first-year, transfer, international, and returning students. However, each scholarship offered has its restrictions.

According to Maurice Ouimet, the dean of enrollment, the school has invested in gaining more scholarships for students who struggle to pay for the college.

"We try to help as many students stay by offering them scholarships and financial advice. It's important to have out-of-state students attend Castleton because it contributes to diversity on campus. We want to hear the students' voice in the matter," he said.

A minute with Michael

Michael Sabataso

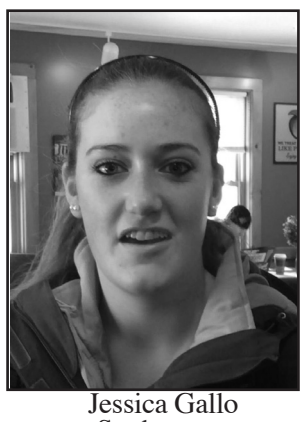
Question:What do you do for St. Patrick's Day?

Jekabs Grinbergs
Sophomore

"Relax as much as possible. I don't know, I don't really do anything."

Austin Mennding
Freshman

"Usually just hang, you know, with a bunch of friends or family depending on where I am. Wear a bunch of green; eat some corn beef and cabbage."



Jessica Gallo
Sophomore

"Usually I just hang with friends. I don't do anything special."

Kelly St. Marie
Freshman

"Well my mom's half of the family is very Irish, so usually wear a lot of green, eat a lot of good food, and celebrate our heritage."

Josh Farmer
Junior

"Well, I go back home and play in the benefit hockey game. It's always a great cause and a good time."

Career fair has something for everyone

By Catherine Twing
Castleton Spartan

Career fairs are valuable if you are actively seeking employment, but what if you are an undeclared freshman, years from job searching? The career fair at Castleton has got something for you too.

The career fair planned for Thursday March 19 from 11:30 a.m. to 2 p.m. in the Glenbrook Gymnasium will have representatives from over 40 organizations, each actively hiring and recruiting as well as providing information and fun prizes to attendants.

"These organizations represent internships, jobs, summer jobs and graduate schools," Director of Career Development Renee Beaupre White said. In addition to traditional job fair booths there will be free chair massages, makeovers, a photographer to take professional Linked-in photos and PRAXIS information.

The career fair is also the first chance seniors get to pick up graduation tickets. According to Career Services Intern Kristin Helm, all seniors who get their tickets at the fair will be entered to win a free cap and gown.

In addition to the traditional career fair elements, this year's event will also have representatives from every major and program at Castleton, giving undeclared students a chance to see what they might be interested in.

Beaupre White cannot stress enough how there will be opportunities for everyone, whether it's meeting a future employer or just a casual conversation with someone in a field of interest. If students are interested in finding jobs or internships, she encourages them to bring copies of their resumes.

"Over 80 percent of jobs are found through connections," Beaupre White said. "This is an ideal time to network."

She added that it might be as a first-year student you meet someone who will lead you to a job post- graduation.

Senior Hollie Nop knows the importance of networking at job fairs. It was during her first year she made a connection that led to an internship at The Vermont Country Store.

"Finding a summer internship was the farthest thing from my mind, especially as a freshman," Nop said. "I hesitantly approached the recruiter and started a conversation. Rather than the awkward semi-interview I was expecting, a casual discussion about my work history and academic experience began."

That casual conversation gave Nop the opportunity to gain experience in her desired field of business.

PHOTO CONTRIBUTED BY JANE FOLEY

Students attend last year's annual career fair.

"Within 3 weeks, I had a full-time, paid summer internship, which ended up extending during the school year and throughout the next summer," Nop said.

The hope is that similar connections will be made at the upcoming event.

"Everyone coming has job openings," Helm said. "Jobs can come of this. It's not just an info session."

Both Helm and Beaupre White encourage students to keep their minds open when it comes to which companies might be interested in hiring.

For example, people assume Green Mountain Power just hires engineers, but they need communication and business savvy individuals as well.

If students wish to prepare further for the fair, Career Services is offering a free workshop about job and internship search strategies on Thursday March 12 from 12:30 p.m. to 1:30 p.m in the South House seminar classroom.

COURTESY PHOTO

Devon Thow laughs with his daughter Chloe. Thow had Chloe while he was in high school at age 16.

Doing it together

By Sam Canney
Spartan Contributor

When Bryanna Mobilio saw the word "pregnant" in big bold letters, she was terrified.

The Castleton State student was 18 when she got pregnant and 19 when she gave birth. And it has been a tough journey. "I was really self-conscious about it because I was ashamed," she said. "It didn't help that I look 16 years old."

As if knowing she was going to be responsible for someone else's life wasn't intimidating enough, she was treated badly by others. "A lot of people would give me dirty looks or make rude comments about how sad it was or how I should give MTV a call or how I probably don't even know who the father is," she said. "Most of those comments came from complete strangers."

For students, finding out they're expecting a baby can come as an overwhelming whirlwind of emotion and uncertainty.

"I contemplated abortion, but decided that it was not the right choice for me," she said.

Instead, she grew up – quickly. She went from being a carefree 18-year-old, dependent on her parents, to motherhood in nine short months.

"It was difficult to grow up quickly and learn how to be a parent," Mobilio said.

That's an experience Jesse Euber knows too well. She was 17 when she found out she was pregnant and 18 when her son, Sawyer, was born.

"I've learned to survive and struggle because someone else's life depends on me. I have no time for 'I'll do it laters.' He depends on me and I am better than I was before, but I had to rush to be that," she said.

Euber had to quit high school to work full time to care for her baby. "My little brother walked with his graduating class before I was able to," she said. "That's not easy."

When her son was 2 ½, she was able to graduate. "I wore a cap and gown with a baby on my hip. It was an insane mixture of feeling so proud and so disappointed at the same time to be honest," Euber said.

The disappointments didn't end there. When she and her son's father broke up, she had to apply for assistance from the state, which she says humiliated her. She had no other choice and was willing to do whatever she had to do to provide for her son until she could find a job and a home for them, she said.

Euber says if she didn't have her son, she would probably be a full-time college student writing this article about someone else.

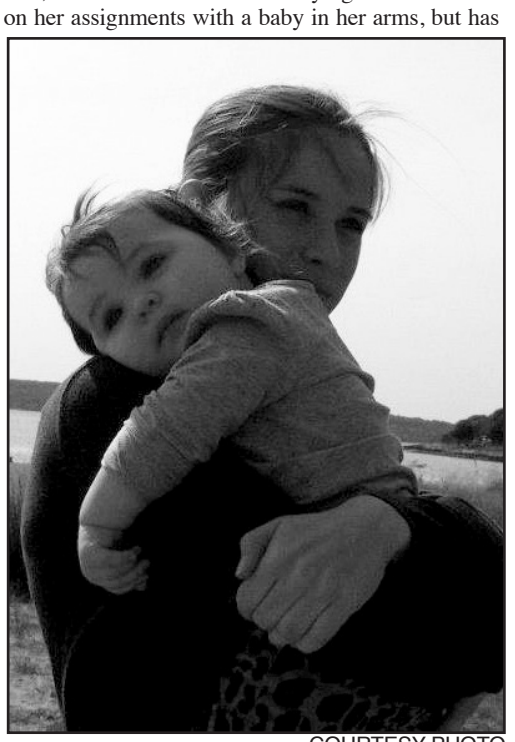
But she's getting a different kind of education. She said the most important thing she has learned from being a mother is unconditional love and patience.

Mobilio, too, said she has grown since becoming a mother. Mobilio used to be extremely shy and timid. She was overly concerned about what others thought of her. After having her daughter, Emma, she came out of her shell. She doesn't shy away from people and tends to be more outspoken.

If she lacked drive before, she now applies herself and has a 4.0 grade point average. She said she's in the best physical shape of her life. Having a child pushed her to become the person she always wanted to be.

"I want to show her that she can follow all of her dreams and be whoever she wants to be, no matter what the obstacles, and because of that, I push myself to be the best example possible of someone following their dreams and being the best they possibly can," she said.

Being a mother is one thing, but being a full-time college student is another. Mobilio said school has always been her priority, right after her daughter. At first, she had a difficult time trying to concentrate on her assignments with a baby in her arms, but has since learned to adjust.



COURTESY PHOTO

Bryanna Mobilio fights rude comments from strangers for keeping her daughter Emma.

COURTESY PHOTO

Jesse Euber plays with her son, Sawyer.

Mobilio has had the experience of being a regular college student, a pregnant college student and a student parent. As a parent in college, she sees college as a means to an end.

There is no partying for her because she doesn't have the time. She carries a full course load with the same amount of work as everyone else, but also has a household to run, a husband to take care of and a child to take care of.

Such challenges took a toll on Euber and forced her to make a difficult decision when she learned she was pregnant a second time.

"After having my son, when I found myself sitting in the same place scared as hell all over again, I had to do what I believed was best for the child I already had," she said. "That decision led to an abortion and, although it's hard to live with, I truly think I did the right thing for everyone involved."

Euber said she doesn't think abortion should be used as birth control. "But I do believe that sometimes circumstances can be out of your control; things happen," she said. "It's not any easy choice, but it's a choice nonetheless," she said.

It's a decision 21-year-old Devon Thow would struggle to adopt. "If you are willing to have sex with someone than you should be willing to deal with the outcome," he said.

Thow's daughter, Chloe, was born when he was a 16-year-old high school student.

He has always wanted to go to college, but having a child and financial problems have made it tough to fathom.

He said he has been forced to make different choices.

"I was scared, but knew that no matter what we could make it work," he said. "No matter how bad it gets, you can do it and it's worth it and try not to fight with the other parent because it only puts the child in a bad place."

Euber said relationships are perhaps the most difficult part of being a single mother. "I am human and need love too. A partner expects 100 percent devotion and so does a baby, but there is only one of me. The balance can sometimes feel unreachable," she said.

Mobilio said she's grateful her husband is so supportive.

Not that co-parenting is always easy. "We had grown up in very different households and had our own parenting styles," she said.

But right now, she said the toughest part of raising a child is dealing with other people's opinions and judgments on how she parents.

"People look at me differently because I am 'that girl' … the one they are all afraid of becoming," Mobilio said. "When I get out of class, I have to get my daughter from preschool, cook dinner, clean, spend time with her, spend time with my husband, maybe get in a work out, and then do schoolwork. I have been diagnosed by a doctor twice with exhaustion."

If she had to give advice to young adults who find themselves expecting a child before they'd planned, she said she'd tell them it's OK to be terrified and excited. "I would tell them to just breathe, be yourself and be happy," she said. "Everything may not turn out the way you plan, but it will be OK."

Harper Lee to publish again

By Alexandra Koshar
Spartan Contributer

Harper Lee's new novel, to be published in July and named "Go Set a Watchman," was written over 50 years ago, before she even wrote "To Kill a Mockingbird."

It focuses on Scout, 20 years in the future, when she comes back to town to visit her father, Atticus. According to Lee's publisher, Scout "is forced to grapple with issues both personal and political as she tries to understand her father's attitude toward society, and her own feelings about the place where she was born and spent her childhood."

But there is some controversy over the new book because it took so long for Lee to publish it. According to Lee, she was unaware the manuscript for the new novel was still in existence. When it was discovered in a safe deposit box, some friends read it and suggested the idea of publishing.

People were also asking whether Lee was "duped" into publishing the new book, meaning that some think she was coerced.

Students and faculty at Castleton State College seem fairly neutral, yet intrigued about the new book.

"I think it's cool that we'll get to see the characters in the future, but at the same time I think it's weird it was suddenly found all these years later; it makes me wonder if it's really hers or not," said Barbara Doyle, an English major as well as a published author herself.

Talla Caruso, also an English major, said she's excited to read it.

"I think it will be interesting. I think after waiting so long and how loved her other book was, she will make a lot of money, but the criticism toward her writing will be harsher as people will read it closely and have a lot to say because of the success of the Mockingbird," she said.

The chair of the English department, Andrew Alexander, said he thought there will be a "little bit of controversy" over the fact that Lee waited so long to publish another novel, but "I don't have a problem with it."

"I think her book will be judged more harshly, but I'm okay with it," he said.

Fellow English professor Tersh Palmer seemed even more intrigued.

"I'm interested to read it just because of everything I've heard about it such as how it was apparently her first book, the one she wrote originally with the character as an adult with flashbacks and how her editor encouraged her to write a whole book about the childhood. She (Harper Lee) is such an interesting character because she never ever published anything else, she had this great success with one novel and never published anything else," Palmer said.

And then there are those that could care less.

"I don't care. I have no opinion on it at all," said criminal justice major Dakota Jones.

Peace and quiet on the Rail Trail

By Colby Wood
Spartan Contributer

Matthew Patry, the director of student activities and a member of the Wellness Committee, has come up with a fun and exciting way to explore the woods of Castleton - on snowshoes.

A group of four, including this reporter, strapped some snowshoes to their feet recently and took off from behind Glenbrook Gymnasium.

The group, led by Patry, started out at around 12:30 p.m. and headed toward the cross-country trail in the woods.

As they trudged along, the chilly wind beat against their faces.

"Boy, its cold out, huh?" Patry, said to the group. They nodded unambiguously.

Entering the woods, they were struck by the almost perfect looking snow-coated trees that looked like a made-up scene from a movie.

After looking around for a while, the group started to head south toward the old rail-trail, when one in the group, Gillian Galle, a calculus professor, shouted out that there was a red-tailed hawk circling us from above.

"Wow, what a sight!" she said as the group members craned their necks to see the bird. It truly was a magnificent sight, and the group was eager to find more wildlife.

Patry, who is from Timouth, Vt., began reminiscing about how he got into snowshoeing.

"I started out very young. I used to go snowshoeing with my father and grandfather, who's from Italy," he said. "They loved to rabbit hunt, and that's what you do in the middle of the winter, so I would go with him and his beagles and we would chase rabbits."

Patry also talked to us about how his grandfather was a farmer in northern Italy, near the Alps, and how snowshoeing has always been dear to his family.

He said his favorite part about snowshoeing is "the beauty of the nature" and the "quietness of it."

As we continued on our journey, the class encountered much deeper snow, a foot deep or more, and every step seemed heavier than the last. Trucking through the snow, class members started to lose their breath a bit, so stopped to take a quick break.

Heidi Cole, who is a custodian for Castleton College, was asked why she chose to participate in this class.

"I got snowshoes for Christmas and I thought it would be fun. This is my first time going snowshoeing other than around my house and I just thought it would be a good exercise and fresh air," she said.

Galle also got snowshoes for Christmas. She told the group how she first explored her back yard with her husband and then started to venture out into other areas.

"We checked out Mount Saint Catherine, which is a trail right by Green Mountain College," she said. "When I found out there was a local chapter and I could explore trails around Castleton which is closer to home, I thought I would check it out."

Once on the rail-trail, the group started to head north back toward campus. At this point, the trail's snow was packed down from people snowmobiling and walking on it making it much easier to snowshoe on.

With the trees along the trail guiding our path back to campus, the group started to share stories about snowshoeing, skiing, and school related stuff.

COLBY WOOD / SPARTAN CONTRIBUTOR

Snowshoers appreciate the beauty of Castleton's nature trails and get some exercise.

Patry shared a story about how he once ran into Paul McCartney in a ski lodge, which the group loved.

Before they knew it, the group members were back at campus. They shook hands and all started to walk in different directions, happy for the exercise and conversation.

The class meets every Thursday, at 12:30 in the Campus Center and Patry said he'd love to see more people showing up for.

JIMMY BRITT / CASTLETON SPARTAN

Film professor Michael Talbott and French professor Armelle Lescarbeau introduce the first film of the Castleton International Film Festival to students and community members.

Castleton kicks off film fest

By Daley Crowley
Castleton Spartan

Castleton students, faculty and community members streamed into Herrick Auditorium Tuesday to watch the award winning French film "Declaration of War."

This movie premier marked the opening night of Castleton's International Film Festival put on by Castleton communication professor Michael Talbott.

Talbott moved to Vermont from Los Angeles and found himself disappointed by the lack of foreign film screenings – so he decided to do something about it.

"Watching a movie projected with an audience is so much different than watching films at home," said Talbott.

After being inspired by Spanish professor Ana Alexander's film festival, Talbott decided to follow suit.

The festival will feature six movie screenings. The first, "Declaration of War," was directed and written by Valérie Donzelli, who also played the main character. The movie was an overall hit with Tuesday's crowd.

"Foreign films see things differently. The stories are much more human and down to earth," said communication professor Robert Wuagneux. "I really liked this movie."

Fellow professor, Burnham Holmes, was very moved by the film.

"I haven't cried this much in years," he said. "This film blew me away. I plan to come see all of them."

The film festival will have another returning fan.

"It was awesome that Talbott was able to bring foreign films to campus. I'll probably go to another one," said Castleton student Olivia Maher.

Senior communication student Jake Covell agrees.

"It's cool to see Castleton making an effort to have a film festival. I hope it expands," he said.

But Communication professor Sanjukta Gosh and student Cassie Harnett couldn't quite get past the film's soundtrack.

"I thought the music was jarring and manipulative," Ghosh said.

"I agree with Sanjukta, the music was distracting," said Harnett. "But otherwise I liked the movie, it had an overall great message"

Talbott hopes this festival will be an annual event on Castelton's campus. Next year he plans to show movies from all over the world.

As for the first night, Talbott said he wishes students would have contributed more to the discussion following the film. He hopes people will continue to come watch these films each week.

"Overall, I think it turned out really well," said Talbott.

The next five screenings will take place in Herrick Auditorium throughout March. "In The House" will be shown on March 10 starting at 6:30 p.m. For a full list of screenings visit Castleton's website.

Kickboxing class about more than just exercise

JORDAN LUMSDEN / CASTLETON SPARTAN

Students practice jabs in kickboxing class.

By Jordan Lumsden
Castleton Spartan

Students chatted away in the basement of Castleton College's Fine Arts Center Thursday afternoon as students waited for instructions. Then the upbeat electronic music started blasting from the speakers as kickboxing instructor Jennifer Turchi galloped across the floor.

"Everybody in right combat stance," Turchi yelled enthusiastically, sporting her green and white Tapout gym shorts.

And so it began. Before this reporter knew what hit him, he was shuffling his feet and moving his arms looking around for confirmation he was doing the right moves.

Commands to jab and punch across, followed by a hook were made, and attempted, but poorly executed. It was obvious that some, if not all of the participants, were looking at each other in partial embarrassment and seeking assurance.

Upbeat music continued to echo as the punches and kicks synchronized with the beat almost boosting the morale of the participants of the class. Their punches grew strong and sharper. As time went on, more and more people seemed worried less about the others in the class and solely on the kickboxing itself.

"At first you feel a little self conscious, but then you realize that no one is judging you and everyone is there to do the same thing," said freshman Kelly St. Marie. "It's a supportive environment and then you feel more comfortable about it and you start putting more into it."

But why should students participate in the kickboxing class?

"When you're in that moment and working hard, you just feel empowered," Turchi said. "To just leave everything behind for an hour and just be in here and be in the moment with the great music and the energy in the room, it's so much more than the physical I think."

Goals for the class are not learning how to defend yourself or learning how to fight, but rather learning to stick with something when it gets challenging, St. Marie said.

Turchi said the class is also simply good exercise.

"It's all focused on the muscle groups we are working on at the time," said Turchi.

The physical benefits are a no-brainer, but the mental and emotional aspects may go unnoticed. Many in the class, including junior Rubina Saini, said it helps release stress in a fun environment with friends.

Most in the class said they learned about it by talking to a friend and coming to the next workout, but others got word from the school.

"The Wellness Center sent me an email," said Saini.

High energy, positive vibes and being around supportive, fun people are what gets freshman Emily Chase and sophomore Amber Chase to return each week.

The students love the class, but the instructor might love it more.

"I don't wanna say it's my favorite part of the day on Thursday, but it s pretty close to being my favorite," said Turchi

The class meets every Thursday at 12:30 p.m. in the dance studio of the Fine Arts Center.

Donations make families happy in Honudras

COURTESY PHOTO

Castleton's Rotoract Club is pictured in Danli, Honduras. Members spent winter break volunteering and donating their time at a local rehabilitation center and elementary schools.

COURTESY PHOTO

Rotoract members paint exterior of rehabilitation center in Danli, Honduras.

COURTESY PHOTO

Emily Burke, left, and Rosie Burke, right, spend time with local elementary school students.

Continued From Page 1

"We worked at this rehabilitation center for recovering drug addicts and alcoholics," said Charlie Wilson.

They spent almost two full days painting the inside and outside of the rehabilitation building.

"That was quite the project," added Warnecke.

Before they left the United States, the Rotaract Club members collected countless donated items and brought them in their personal luggage.

Hussa said the most powerful moment of the trip was when they distributed the donations.

"There was one mother who got one single sanitary napkin. She gave me a huge hug and thanked me with tears in her eyes," recalled Hussa. "It was amazing to see how happy that made her."

That day really resonated with each group member.

"At one point, we had run out of donations so I had to turn families away. I watched one mother walk away looking so sad, another mother approached her and handed her half of the donations she had received," Warnecke explained. "They hugged each other and cried … that hit me pretty hard."

Wilson described a scene of children dragging him to the ground for a chance to receive a simple glow stick.

"They didn't even know what they were, they just wanted them," Wilson said, laughing.

Burt recalls one of her favorite moments of the trip.

"Being able to interact with the local Rotary Club was definitely one of the highlights of the trip. It really helped bridge the gap internationally," she said.

After a week filled with volunteer work, laughs, struggles, tears and accomplishments, they headed back to Vermont with a whole new outlook.

"You definitely look at things differently when you get back," said Warnecke.

The other group members seemed to agree.

"We have very small problems compared to the people in Honduras," admitted Burke.

The Rotaract Club is planning to go back to Honduras again next year and encourage any interested students to join them. The club members meet every Monday at 5:30 p.m. in the Campus Center.

This trip was truly a bonding experience.

"I felt like I didn't know the club members very well before we left. But now, now I really know these guys," said Gay with a laugh.

Skolnik starts 'He has a name' campaign

Continued From Page 1

In the evening event, he shared stories and photos of murdered black youth, and told how after writing one story to shed light on a murdered teen, he became flooded with requests by parents of other murdered black kids to write about their children, leading to the "He/She Has a Name" campaign on Globalgrind.com.

He teared up looking at one slide of a murdered 7-year-old girl, caught in crossfire of gunshots while selling candy, saying it brought him back to her funeral.

He also fielded death threats when supporting the mourning family of teen Trayvon Martin.

Although most students and professors seemed inspired by his energy and message, during the afternoon session professors Linda Olson and Sanjukta Ghosh, challenged his expertise on race and gender and criticized him for "making money off of hip-hop," and "supporting misogynistic behavior in the hip-hop world," saying hip hop degrades women and hinders racial equality. The owner of Globalgrind.com, Russell Simmons, is the founder of hip hop label Def Jam.

Skolnik rebutted saying that hip hop is a reflection of black life – just like sex, drugs and rock n roll is a reflection of white life.

The professors controlled a portion of the talk with pointed follow-up questions with Olson at one point saying he should know more about privilege if he is to be "an expert on race," to which Skolnik said he never claimed to be, just a man who feels the need to try to improve the lives of underprivileged.

"It seemed as though they didn't care what he had to say. They constantly tried to change the subject," said junior Jed Zawisza, a student who had attended the afternoon event and witnessed the dispute for himself.

Although race and gender professor Melinda Mills questioned him about his "privilege" as a white male and how he can use it for racial and gender equality, she also said she was glad he came.

"I'm encouraged by the overwhelmingly positive response to Michael Skolnik's visit to campus. His storytelling invites people into conversation about difficult topics, and seems to have resonated with many students. I hope his impact extends beyond the scope of his visit, motivating students to mobilize in their efforts to improve lives," said Mills.

Students attending the evening talk seemed mesmerized, and lined up to meet Skolnik after the event.

"It's really inspiring to see a white male (doing this), it makes you realize there are people to fight for our rights," said sophomore Adan Osman, a student from Kenya.

Other black students had positive comments too.

"I think he hit the points exactly," said freshman Joel Antoine.

"I think more events like this would be really good," said junior Riziki Kassim.

Skolnik, a man who admittedly makes a lot of money now and knows about being privileged, and yet showed up wearing a "$19 sweater and $60 jeans his girlfriend made him buy, humbly said you don't have to feel guilty for being privileged, but how you use your privilege is what matters.

"He made me understand white privilege; I was like 'Wow I get it now," said junior Andrew Breting.

Professor Monica McEnerny was also pleased to have him visit.

"I especially appreciate the way he has brought humanity and attention to the meaningless deaths of many students of color in our country and has researched and challenged our criminal justice system. Castleton students filled the Fine Arts Center and shared highly relevant comments and questions after the presentation," she said.

Journalism professor David Blow, who had seen Skolnik speak in New York City last year and organized his visit, said Skolnik did exactly what he had hoped for.

"He made students think about race and gender inequality and I love how he challenged them, especially in the evening session, to find their purpose or mission to help others," Blow said.

When the line had ended and Skolnik was ready to leave, he reflected on his brief time at Castleton.

"Everyone is so kind and I think it was an amazing turnout. I hope those who did come have some good conversations tonight and I'm always accessible to solve an argument. Folks in this room have some of the greatest ideas in the world," said Skolnik.

Are grads fiscally literate?

Continued From Page 1

"I would like to see Castleton implement a budgeting program where students use real figures, from their own personal scenarios, to see the bigger picture. Students need to understand how a daily, weekly, monthly, and yearly budget can help prevent future financial debt and turmoil," he said.

Beaupre-White wants to stress to students how important their whole adult career is, which includes their time at college.

"My hope for all students is that they leave here with good skills and resume. School is a job, and the more that students focus on that the better off they'll be," she said.

Her goal is to have every student be required to have work-related or internship experience before graduation, conveying how important experience is in the job application process.

Without certain financial literacy information being distributed among the student body, students must pick up this knowledge elsewhere. According to Spencer Dandurand, a December graduate, that information will likely come from his parents.

"My parents have been teaching me the full perspective of how many bills you have to pay in order to live comfortably and what to expect as I start total independence," he said.

Other past grads, like former communication major, Nick Lingardo, have found other ways to prepare themselves for the responsibilities of life after college. Lingardo says he learned a lot about how to save money by working at Admissions at Castleton starting his sophomore year. Many of Lingardo's coworkers were recent graduates who gave him insight into budgeting when you start out.

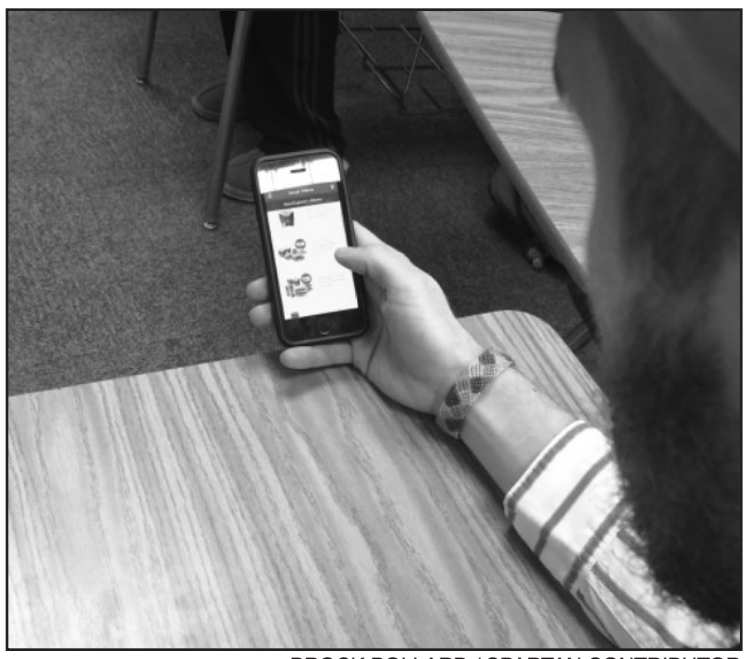
Dominic Heller, a senior at Castleton, looks toward his proverbial finish line of education in May with confidence.

"I have a pretty good grasp on economic life after college," says Heller.

The business major from New York elaborated by saying living off campus has allowed him to start budgeting and paying bills earlier than most, and speaking with friends who are a year or two out of school about their experiences allows him to have realistic expectations.

"I think I'm ready," Heller said.

McDonald's: Theres an app for that



BROCK POLLARD / SPARTAN CONTRIBUTOR

McDonald's new app has coupons to makes fast food cheaper for college students.

By Brock Pollard
Spartan Contributor

Just when you thought fast food couldn't get any easier, it has.

McDonald's now has a mobile app that provides local coupons to people who use it.

The "Mc'D" app is free, easy to use and can be downloaded off iTunes.

Though McDonald's has seen success from the app, local employees say a lot of people are still unaware of it.

"Working at a small town McDonald's, it's weird to see the same people using the app and not spreading the word," said Jacob Wilbur, assistant manager of Manchester, Vt. McDonald's.

"I am honestly surprised that more people don't use it," said fellow employee Austin Goodrich.

Four out of six Castleton students' asked about the app had not heard of it.

When told about it, students' had mixed feelings.

"Being a college student, we live off cheap food … If there's a coupon we can use to make fast food cheaper, you better believe I'm using it," said sophomore, Drew Wood.

Sophomore Sean Paradis agrees with Wood.

"It gets us cheaper meals and that's cool," said Paradis.

Other students feel that the app is pointless, and that fast food is cheap for a reason.

"I would feel embarrassed using a coupon at McDonald's," sophomore Sierra Paschall said. "It's not something I would remember to use when I order."

The coupons in the app show up on the screen with a "Redeem" button. In order to activate and use the coupon, you must tap the redeem button and show the clerk behind the counter.

Manchester McDonald's Manager Shirley Fields said providing food to people who just show her their phone screens takes some getting used to.

"Sometimes it is frustrating to give a customer food when there is no physical cash or credit card payment," said Fields.

Junior math major Hank Moser shared some top secret intel with the community involving the Mc'D app.

"If you can get away without pressing the redeem button, then you're golden. Then the coupon won't be activated so you can use it again in the future," said Moser.

"You have to take advantage of slacking McDonald's employees," Moser also added with a smirk on his face.

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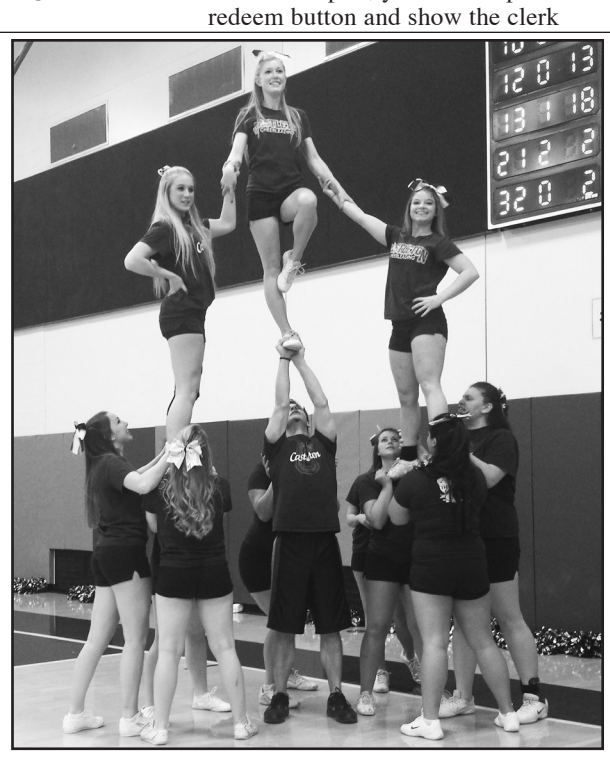


CHRISTIN MARTIN / CASTLETON SPARTAN

Spartan cheerleaders do a pyramid during a basketball game Feb. 7.

Spartan cheer team has spirit

Parrish receives rookie of the year honor

By Owen Fellows
Spartan Contributor

Pavin Parrish was named North Atlantic Conference, Rookie of the Year, an honor never previously accomplished by any Spartan.

"I am surprised and humbled by being named rookie of the year. There have been a lot of great players here," Parrish said. "Receiving this honor was never my goal coming here though. Individual awards are always awkward to celebrate. The goal has always been to win a conference championship and compete in the NCAA tournament**."**

In addition, Parrish also earned Rookie of the Week three times this season.

Head coach Paul Culpo lauded what critics would probably consider, unforeseen characteristics as a freshman.

"Easiest kid to coach I have ever come across," Culpo said. "His maturity is something rarely seen. His willingness to be a good teammate all the time is rarely witnessed."

Being a freshman, it can sometimes be difficult to find ways to contribute your first season in any college sport. However, freshman Pavin Parrish has found no shortage of ways to contribute this season for the men's basketball program.

"I think anytime you can contribute to or impact anything in a positive way it feels good. I obviously want to play as well as I can, but having an impact on the team feels good however big it really is," said Parrish.

He is currently fifth in the conference in minutes played per game and his contributions in those minutes perhaps shouldn't be a surprise.

"He was Gatorade Player of the Year coming out of high school. We all had great expectations for him. I knew he would struggle in the beginning of the year but once he got that college experience under his belt, the kid was gonna be unstoppable," Spartan teammate senior Carnelius Green said.

Junior forward, Casey McGraw credits Parrish for his maturity, but also his ability to impact others around him on the floor.

"It's rare for a freshman to set an example on and off the court and Pavin does that day in and day out**,"** McGraw said. "He's the type of player who makes others better but can also take over when he needs to."

In 23 games played, Parrish averaged 10.4 points-per-game, 4.4 assists-per-game, a 40.4 Field-goal-percentage, and 25 total steals.

Despite these impressive numbers, Parrish's range was limited, only going 3 of 16 from the 3-point-line; an 18.8 3-point-field goal-percentage on the season.

Culpo recognized the need for Parrish to stretch his ability to shoot not only for him as a player, but potentially for the strategic direction of the team in the future.

"He needs to increase his range on his jump shot…Ideally I would like to be able to play Pavin with other ball handling guards and spread teams out more," said Culpo.

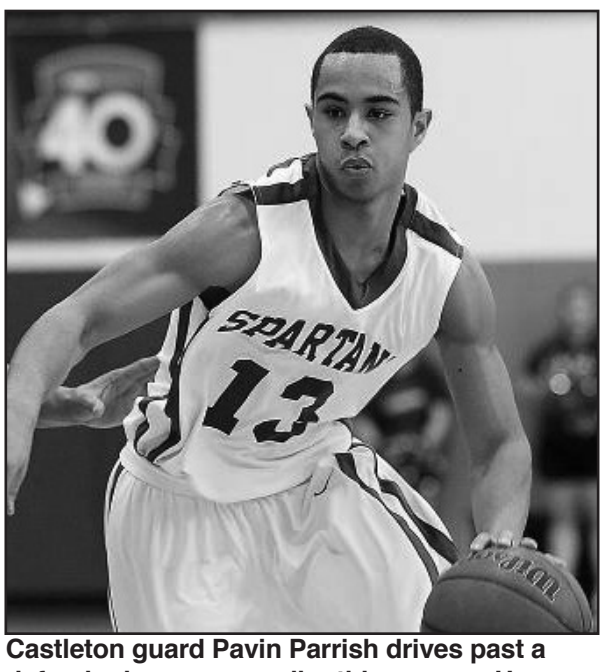
Green had great praise for Parrish's ability as a pure basketball player and sees a bright future for the Spartan phenom.

"There's no ceiling for the kid. He shows up to practice ready to compete [with] every opportunity he has and takes no days off," Green said. "I guarantee he will lead the Spartans to the championship every year he's here. Even further than the NAC. The kid can ball."

Parrish's milestone season is not something the standout freshmen will be able to relish in for very long. Culpo tests his players physically and mentally year round, constantly looking for improvement and doesn't appear he will change that approach.

"Pavin has had a sensational freshman season. He is a game changer and someone who can take over games. If he works hard over the next few years and gets confidence back into his jump shot, the sky is the limit. I am excited to work with him over the next three years and see just how good he can get," said Culpo.

Sports Editor Andrew Cremins contributed to this report.



Castleton guard Pavin Parrish drives past a defender in a game earlier this season. He became the first Spartans to be named NAC rookie of the year.

Ski teams finish strong at Nationals

PHOTO CONTRIBUTED BY CHRIS EDER

Senior Patrick Burke makes a turn around a gate during a competition this season.

By Andrew Cremins
Castleton Spartan

The men's and women's alpine ski teams wrapped up their season Saturday with the final day of the United States Ski and Snowboard Association National Championship in Bend, Ore.

The men's team was tied for third overall in the combined standings with McConnell Division rival, Clarkson University. However, they lost the tiebreaker by two points resulting in fourth place overall in the combined standings.

The women's team finished sixth overall – second best ever at the USCSA Championship.

Sophomore Matt Couture led the men's team by recording the 12th fastest run in each of the two events. The first 12th place finish by Couture came on his second run of the giant slalom and the other on his opening run of the slalom.

"He is undoubtedly having his best career season, and it has been awesome to be a part of his journey and watch him be one of the major contributors to our results," said senior teammate Karl Robicsek.

In the first event, the giant slalom, the men's team finished in 4th place with a team time of (5:555.51). The day was highlighted by Couture who individually had the best time of (1:57.88) and received his first career All-America honor in the giant slalom. The honor was one of two he received; the other being named an USCSA All-American in the combined standings for the second straight year.

"I'm very lucky to have a guy like Matt Couture on the Castleton ski team. He could have gone to a number of colleges and raced. Fortunately for us, he chose to attend Castleton. What he has accomplished so far in two seasons, is more than many accomplish throughout their entire collegiate career," said Castleton head coach Chris Eder.

The women's team took third in the giant slalom, with a team time of (6.29.26). Junior Lisa Davis led things for the Spartans with the team's best time (2:07.59) and a 22nd overall finish. The sixth place finish is the second-best in program history, behind last year's fifth place spot.

In the slalom, the Lady Spartans improved by four spots in the standings after the first run, going from 12th to 8th out of 19 teams. In the combined standings of both the slalom and giant slalom, they finished in seventh place.

Racers on the men's team approached Eder the night before the slalom with reflection on an event a day earlier, as well as their thoughts heading into the slalom.

"When we spoke the night before the slalom, the guys made it very clear to me that they were not going to settle for fourth place and they delivered," Eder said.

In the slalom, the men's team finished one spot better than their previous event, taking third place – the program's second year in a row with that finish. Couture led with the best time of (1:42.83) with seniors Ben Hannah (1:44.71) and Patrick Burke (1:45.54) rounding out the event for the Spartans.

Couture was reflective following the conclusion of the championship week and touched on the level of competition his team faced.

"I'm very happy where we finished," Couture said. "We compete against very good teams, some I would say are good enough to play division one, but lack the resources to be considered at that level."

Eder thought his teams stacked up pretty well, considering the level of recruitment competing colleges are fortunate to have.

"The competition at the USCSA national Championships is fierce," Eder said. "To finish in the top-ten is very respectable. There are teams that recruit tons of foreign talent and there are teams that have the ability to offer their recruits athletic scholarships."

Despite the closing the book on another season less than a week ago, for coach Eder, it's not too early to start thinking about the 2015-2016 Spartans.

"The key [for the men] right now to our continued success will be to keep bringing in two to three new guys, who can compete at a high-level, each year," said Eder.

As for the Lady Spartans, the bar is set very high and Eder doesn't see any reason why they can't continue to improve.

"Finishing fifth last season and tied for sixth this season was great, but we believe it is time to get our women's team on the national podium as well. These women are good enough to be bringing home some hardware from the USCSA National Championships," Eder said. "That's our next goal."

Cadets edge Spartans in ECAC East semifinal thriller

By Jordan Lumsden
Castleton Spartan

The fourth ranked Spartans of Castleton State College squared off against No. 1 ranked Norwich University Cadets in the men's hockey ECAC East semifinal matchup on Feb. 28. The Cadets, also ranked No. 1 in the nation, hosted the event at Kreitzberg Arena in Northfield, Vermont.

They battled throughout, but came up just short with a 2-1 final score.

The Spartans came out with a lot of energy to start the game, pinning the Cadets in their own zone for the first half of the period.

"Every time you're playing the number one team in the country, there's a little more fire in your belly," said Kurt Johnson, Castleton's freshman center.

The two teams fought throughout the night playing a very physical style game. They traded shots in the first, highlighted by a shrug shoulder save of Norwich sophomore goaltender Ty Reichenbach.

"We changed our forecheck a couple of times because they were beating us to the puck," said Norwich head coach Mike McShane. "They were out-hitting us so we tried to do a couple of different things."

Norwich then took the lead with 2:24 left in the first after Dmitry Ermakov found a seam up the middle, received a pass from Bryce Currier and buried it in the top left corner. Alec Brandrup also assisted on the play.

The Spartans went into the break down by one, but confidence in play did not waiver.

"I thought we did a good job in the first 15 minutes of the first period then we got away from it in the last five and they scored on us," said Castleton head coach Steve Moffat.

Castleton responded quickly in the second with a goal of its own 51 seconds in by Braedan Moffatt, assisted by Trevor Hanna, to knot the game at 1-1. Moffatt from his knees guided the puck in off of a rebounded shot.

The energy was flowing and the place was rocking. About two minutes after Castleton's goal, a viscous hit was laid on a Castleton player by Mitch Byrne of Norwich, who received a two-minute minor penalty for boarding. The hit spurred a scrum at the Norwich bench, but the two teams were soon separated.

Norwich reclaimed the lead with 3:50 left to play in the second off of crisp, clean passing by the Cadets followed by an absolute snipe by Bryce Currier in the high slot leaving no chance for Castleton goaltender Ryan Mulder to make the save.

Headed into the third with the game at 2-1, the Spartans knew that it was win or go home. Norwich kept attacking, but Mulder stood at the ready, saving the rest of the Cadet's attempts.

After an icing by Norwich with 7.8 second left in the third the Spartans found themselves with a chance to tie it late.

"The original play was for me win the draw back to Greeny (Brian Greene) or Will (Laking) and they could either take the shot or look to Frosty (Ryan Frost)," said Johnson, who took the faceoff. "I was only thinking win it back."

Johnson did win it back to Greene only to have his shot blocked and sent down the ice to end the game.

The Spartans only graduate three seniors and end their season with a record of 11-16 overall and 8-11 in conference play.

Braedan Moffatt netted the lone Spartan goal in the ECAC East semifinal against Norwich.

Castleton wraps up hoops with winning seasons

The women's basketball team made it to the NCAA Division III tournament but lost to SUNY Geneseo 84-40 ending their season with a record of 23-5.

The men's basketball team ended their season after a nail-biter 79-76 finish in double overtime against Colby Sawyer College on Feb. 27. They ended their season with a record of 14-13.

Kyle Richards goes from pads to slacks

By Eric Mack
Spartan contributor

COURTESY PHOTO

Kyle Richards strategizes with his team during a timeout.

Former Spartan hockey standout Kyle Richards is still living the hockey dream.

However, instead of lacing up the skates for the Spartans, he now has a new role behind the bench as head coach of the West Virginia University Division 1 club hockey team.

"It has been fun making the transition from playing hockey at Castleton to coaching at West Virginia. I feel like I haven't missed a beat. I enjoy every minute of practices, games, and recruiting," Richards said.

Richards took over as the program's new head coach in early November and since then the team has boasted an 14-8-1 record. In that span, the team has been able to go on the road and beat fifth ranked Ohio State, 12th ranked Navy, and 24th ranked Mercyhurst.

Ironically, Richards wasn't the only member of his family making a playoff appearance in the CMHA Division 1 Club Hockey Championships. His brother, Brandon, is one of the team's top forwards.

"I feel like our team has become so much better since Kyle has taken over," Brandon said. "Kyle has a great deal of hockey knowledge and knows how to apply it in game situations. He knows exactly who to play and where to play them."

A lot of Kyle's knowledge of the game can be attributed to the coaching he had as a player at Castleton over four years. Many of the game-time systems and practice drills Richards uses mimics what he learned from current Castleton men's hockey coach Stephen Moffat.

"Kyle was a good leader during practices; he displayed a great knowledge and passion for the game. Along with that passion he communicated well with his teammates on the ice," Moffat said.

One of the players who is a leader in every practice and game for Richards is captain Zach Laduke, who also happens to be the team's second leading scorer.

"Kyle has done a great job stepping in for us as the new head coach. He meshes really well with the players because he is a young coach and understands what it is like to be a college athlete," Laduke Said.

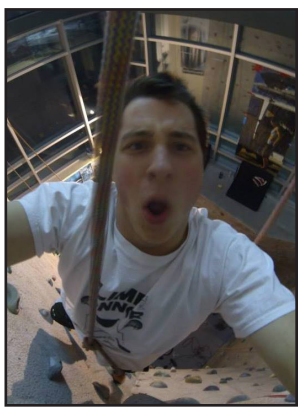
Richards admittedly, however, has had a tough time adjusting to being a head coach at such a young age.

"One of the hardest things for me as a coach is realizing how close in age I am to the older players on my team. I have had to put age aside and realize that there are times when I have to be harder on my players in practices and games," he said.

Whatever he's doing, it seems to be working.

"We can really tell that he's backing us 100 percent and fully trusts our team," Laduke said.

The team finished 21-15-1 and lost in the league playoff final against Mercyhurst. Overall, the team was 14-8-1 with Richards as the coach and three of his players were selected to the all-conference team.



Sports talk with Isaac Devoid

Many Philadelphia Eagles fans were in disbelief after hearing the news that running back LeSean McCoy was traded to the Bills for linebacker Kiko Alonso.

I was one of the many Eagles fans feeling sentimental as I watched the former 1,600-yard rusher punch his ticket to Buffalo.

It is certainly emotional seeing such a fan favorite leave the Super Bowl winless Eagles.

But was it the right move toward success?

McCoy has played six seasons in Philadelphia accumulating 9,074 all-purpose yards along with 54 touchdowns.

There is no question that McCoy has proved himself as an elite rusher in the NFL.

Despite his talent, it is very evident he does not fit into head coach Chip Kelly's offense.

Kelly executes a run and gun scheme aimed at tiring out the opposing defense. Giving the ball to the running back 25 to 30 times a game does not mesh with the up-tempo play calling.

The elimination of McCoy has freed up the Eagles salary cap, and given them the opportunity to target different free agents.

But what does it say about the culture of the Eagles when they are willing to trade one of their most productive players?

One thing; either buy into Kelly's system or pack your bags.

So what player does fit Kelly's system?

This question may leave many players frustrated and confused wondering if they fit into "Kelly's team." The removal of McCoy should reveal to players they could be cut or traded no matter their production.

Nonetheless, the Eagles need to reload on defense after the release of starting linebacker Trent Cole and cornerback Cary Williams.

Alonso may be just the man to rejuvenate the defense, as he is known as a big playmaker. In his first season in Buffalo he posted four interceptions and 87 tackles.

The Eagles could certainly use the help between the tackles as they allowed 375.6 yards per game last season, for the 28th worst average in the NFL.

Eagles fans can criticize Kelly, but he has posted a 20-12 record in his first two seasons with one trip to the playoffs.

The Eagles front office will certainly be entertaining to watch throughout the free agent period as they look to build around Kelly's system.

COURTESY PHOTO

The men's baseball team storms the field in celebration after a NAC Championship win over Husson University last season.

History : Castleton vs. Husson

By: Jake Looman
Spartan contributor

Chances are, when spring rolls around, you will see one of the Castleton baseball players tweet or Instagram a photo of the past season's championship with the hashtag "#HuckFusson," or you will see someone walking around campus wearing a shirt with that same slogan proudly printed across the front in Castleton green.

Castleton's conference opponent from Bangor, Maine has become the main rival for sports teams. Many say it's because the two schools are the top performers athletically in the conference every year.

"Whenever Castleton plays Husson, it's viewed as a big game, in any sport," said Jeff Weld, director of Marketing and Communications and former Spartan basketball player.

In the last five years, Castleton has faced Husson in seven conference championships for seven different sports.

Baseball has always drawn a lot of public attention to the rivalry, with the two schools having handed the NAC title back and forth since 2008.

"Most of the time, it comes down to us two in the championship," said head baseball coach Ted Shipley. "The team gets really involved in who we play, and they always put a special emphasis on Husson. I can tell their feelings are more into that rivalry."

On the softball diamond, especially after last year's heartbreaking seventh inning loss to Husson in the playoffs, the rivalry is still very clear, and the hurt very fresh.

"They broke our kids' hearts last year," head coach Eric Ramey said. "To say its left a sour taste in our mouth is a very safe statement to make. I'd be lying if I said our girls aren't looking forward to playing them this season. There is an aura about Husson that I think every team feels, particularly since they have won six straight titles."

The Husson Eagles have built a very successful athletic program and Castleton Athletic Director Deanna Tyson feels the programs essentially grew up together.

"Their program had a similar foundation to ours, and we both grew off of each other as organizations as the years progressed," she said. "Even though they are so far away, we have formed a very intense rivalry with them among most of our sports."

The football programs of the two schools have also both been at the top in their conference recently.

Husson football player Jeremiah Jones said Husson always gets up for Castleton games.

"This year when we played Castleton, there was more pressure on us to win. I think that is simply because we are both top competitors in the conference," he said.

Spartan player Trevor Sayers said Castleton players get fired up to play Husson too.

"Both of our programs do an excellent job recruiting athletes from all around New England, and the high level of talent that is on the field when we play Husson brings out a lot of emotions that has turned into a very strong rivalry," Sayers said.

Castleton defensive coordinator Blaise Zambrano echoed Sayers' comments.

"They bring a physicality to the game that we don't see on a weekly basis. It's becoming a better rivalry every year," he said.

In addition to the on-field performance rivalry, there is a very strong fan support network from each school when the opposition comes to town.

"When we travel to Husson, their students show up and have a large presence to support their school, and the same goes for Castleton students when Husson comes here." said Ben Stockwell, director of Athletic Communications.

No matter the season, when Husson and Castleton step on the same field or court, the level of play and the raw desire to win is at a higher level than with anyone else.

Husson head field hockey coach and NAC Coach of the Year Madeline Hoeppner feels the rivalry and the intense competition is very evident.

"There is a very raw need to win the game when we play Castleton. They are seen as a very athletic school so it is always nice to pull off a win against them," she said.

Repeat of ECAC championship ends in familiar fashion for Spartans

By Mike Davis
Castleton contributor

With the Spartans women's hockey team defeating Salve Regina 3-2 on Saturday in the ECAC Semi-finals, Castleton solidified a spot into the ECAC Championship game against the Norwich Cadets for the second consecutive season on Sunday in Northfield, Vt.

Having been defeated by Norwich in both meetings earlier this season, team members expected to have their hands full.

But the fourth ranked Cadets (21-4-3) got all they could handle out of the scrappy Spartan team that held them scoreless for nearly 37 minutes.

Then one big opportunity came early in the second period when Cadet Madison Gallagher slapped one toward the net that ricocheted off teammate Vanessa Champagne and past the outstretched arms of goalie Jess Cameron to give Norwich the 1-0 lead - and the victory.

Castleton had many opportunities to try and jump out of the gate with the early lead with shots put on net by Ashley Pelkey, Rachel Bombardier and Brianna Keats.

However, Norwich goalie Celeste Robert would deny any hopes of a Spartan lead or goal in this championship game.

With a late scrum in front of the Cadet net and with Castleton adding a sixth skater, there was a glimpse or hope that the Spartans might somehow find a way to put it in the net with less than 15 seconds remaining, but again it was Robert making the game-saving play in the net for the Cadets.

Jess Cameron once again showed why she and the Spartans deserved to be in the championship game, with her 27 saves, including 14 in the second period, She finished the season with a .964 save percentage.

Cameron's counterpart had 25 saves in the contest for the Cadets, proving to be enough for the victory and a spot in the Division III NCAA Tournament.

Cameron was very disappointed after the game, but could not say enough about her team and what they had to overcome this season.

"Honestly our team played amazing today," Cameron said. "I couldn't be more proud to have been a part of this team. We played hard all night and it just came down to one lucky bounce for them.

The junior talent continued on about her team's remarkable effort and spoke about what was ahead in the future for the Spartan women's hockey team.

"We absolutely had an opportunity to win today. How much adversity we overcame to get to this point is something really important. We should have a lot of momentum going into next season."

PHOTO CONTRIBUTED BY RUTLAND HERALD

Goalie Jesss Cameron makes one of her 27 saves against the Norwich Cadets.

Castleton finished with a record of (14-12-2) under first-year head coach Steph Moberg.

Two Spartans, Hannah Rose and Molly Howard, were named to the ECAC All-Tournament team for their terrific play in the tournament. The two combined for three goals and two assists in three games.

The Spartans will say goodbye to their senior teammates and will look to get back to work this offseason, in hopes of rewriting history and making it back to the conference championship and to the NCAA Tournament in 2016.

Castleton Spartan

CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

Wednesday March 25, 2015 CastletonSpartan.com Castleton, Vermont

Kindness brightens people's day

JORAH MCKINLEY / CASTLETON SPARTAN

Vy Swenson starts Project Gratitude to help campus happiness.

By Jorah McKinley
Castleton Spartan

How much is a smile worth? Or a thank you, or a door held open? More than you might think. According to Castleton students, it really is the little things that brighten their day.

Living in an area with such a brutal winter, it can be hard to keep a smile on your face all year round, but students say there are things you can do to help others stay happy.

"It's something as small as saying thank you and being polite," said senior Olivia Janus. That's what keeps her spirits up.

"When I run into someone who's rude it really brings me down," she said.

You might think that no one notices when you smile as they walk by or say a simple please and thank you, but those little things go a long way on Castleton's campus, students say.

"I just try to look at people when I walk by, say hi and smile," Jessica Potash said. Potash transferred to Castleton from SUNY Cortland this semester and finds that passersby tend to be more friendly at the small college with a big heart.

"At Cortland, people wouldn't bother looking up, or even holding a door open for you. It was seriously depressing. Here at Castleton it's much different," Potash said.

Samantha Bessette said she notices and appreciates every time someone holds a door for her, and there's a lot of that at Castleton.

Contined on Page 6

The wait continues for the Spartan dome

By Zach Temple
Spartan Contributor

Castleton students and faculty are anxiously counting down the days until the Spartan dome gets put up, but they might have to remain patient.

Castleton's Dean of Administration Scott Dikeman said funding and permits remain issues to resolve.

"It is certainly our hope to complete the project this summer, but it's not a sure thing. The funding will not come from our operating budget, but through other sources, yet to be determined," he said.

Dikeman said he and his team are still in the process of completing the permit to erect it.

Despite not knowing when it will be built, student athletes are anxious for what the dome will offer for the athletic programs.

"I feel as though it will provide many benefits to the community. Many athletes will admire the dome and will be a big part of the future recruiting process," said Steven Ladka, junior offensive lineman on the football team.

Castleton student athletes say the indoor facility will improve the off-season progress giving them a chance to practice in a large space year-round.

Jack Ralbovsky, a junior and member of the men's golf team, says he's really looking forward to his senior year being able to utilize the new dome.

"Anything that gives athletes a chance to spend more time improving their skills will help the teams improve their success. The dome will for sure provide this for Castleton," Ralbovsky said.

The Spartan dome will provide the perfect off-season facility for outdoor sports like football, baseball, softball, golf, soccer, lacrosse and field hockey whose players otherwise would have to practice on wood in a gym.

"Not only will it increase golf tremendously, but there will be a significant increase in the athletics success as a whole," said men's head golf coach Reggie Colomb. "Not only will the dome help out Castleton College, but it will bring in a ton of revenue for the Rutland community as well."

Sophomore lacrosse players Sean Paradis and Edward Doton said they can't wait to have a chance to practice in the dome.

"The dome made Castleton a more attractive place while looking for a new school. The idea of the dome excited me because it represents a culture geared toward expansion and development that I really wanted to be a part of," said Doton, a transfer student.

Freshman Aaron Parker, goalie for the men's soccer team, believes that the dome will provide more practice times because as of now the pre-season teams share shape gym due to the snowy fields.

"As of now baseball, softball, lacrosse, and golf are all sharing the shape gym and that's not helping them get ready for the outdoors," Parker said.

JADIE DOW / CASTLETON SPARTAN

Tanner Dow cheers after ending the day with a gold and bronze medal in the Special Olympics in Pomfret, Vt.

'He's my hero'

By Jadie Dow
Castleton Spartan

"Ju-li-a! Ju-li-a! Ju-li-a!" the crowd chanted as the young girl's walker on skis glided across the finish line.

She beamed from ear to ear as the wind blew her hair from her face on the crisp March day.

She thrust her fist in the air in triumph as the crowd of 200 people cheered. Nothing could bring her down from this high.

Not even the fact that she came in dead last.

That's simply the spirit of the Special Olympics. Everyone is cheered for. Everyone gets a prize.

Everyone wins.

If there is one word to describe that March 6 day in Pomfret, Vt., it would be acceptance.

Snowshoe coach Kitty King was very touched by the day. King works for Zack's Place, a nonprofit organization in Woodstock, Vt. for people with special needs. Zack's Place was well represented at the event, as were other organizations and high schools from all around Vermont.

"I couldn't be more proud. I'm busting with pride. This is the best thing I've ever done. The courage displayed is amazing. It's always the highlight of my year," King said.

No matter the disability, no matter what they had suffered in the past, or what they were going to endure in the future, this was a safe place for everyone to be celebrated.

Each competitor strapped on snowshoes and ran with everything they had for a day of pure joy and full hearts.

My eyes filled with tears many times throughout the day simply seeing the triumphant spirit of all the people who have struggled so much. Every single person radiated delight.

Continued on Page 6

JADIE DOW/SPARTAN CONTRIBUTOR

Tanner Dow competes in the Special Olympics on March 6.

They went from mentees to mentors

KRISTI LAWLESS / SPARTAN CONTRIBUTOR

Bethany Lanfear, left, Anna-Michelle Fabian, middle and Timothea Carone, right, all mentor students at Castleton Elementary.

By Kristi Lawless
Spartan Contributor

About a decade ago, the Castleton Mentoring Program was founded, matching up Castleton College students with students at Castleton Elementary School.

The college kids were told to visit their mentee once a week and serve as a role model to them while "planting the seed" for higher education.

Castleton Freshman Bethany Lanfear, a member of the women's basketball team, can attest to the impact her mentor had on her when she was in elementary school about a decade ago.

"She pushed me to excel and wanted me to do good in school and in life," said Lanfear of her mentor. She also said that her mentor encouraged her to follow her dreams and play basketball, which she is doing.

The mentor pair still stays in contact, but the support and advice these days is tailored to different areas of life, including guys and college life, Lanfear said.

Lanfear's Mentor, Melissa Rahmsdorf, was a mentor for the three years they were paired together. She said she joined the program because she loves kids and wanted to be a role model.

"She is doing fantastic!" Rahmsdorf said proudly.

Rahmsdorf said Lanfear always loved basketball and she would encourage her to "dream big and continue on the path" she was on.

When asked if she thought she had an impact on Lanfear being at Castleton and playing basketball, she responded humbly.

"She says I have and I'd like to think so too," Rahmsdorf said.

Anna-Michelle Fabian, a freshman field hockey player, had two different mentors during her time at CES and remembers both fondly.

"They definitely made an impact on my decision to come to college," she said. Fabian explained that as a young learner, she wasn't motivated and didn't pay as much attention as she should have. That changed when her mentor was present.

"They made sure I was staying on track. They made the experience of school a lot better when they came to see me," she said.

Fabian hopes to pursue a career as an elementary school teacher, something she also credits her mentors for.

"I think they taught me a lot and helped me make my decision to teach kids as well," she said.

Timothea Carone, a freshman softball player, discussed her memories of having a mentor by saying, "I wanted to be just like her!"

Carone talked about the impact her mentor had on her coming to Castleton because she was a member of the women's ice hockey team here.

"She was my role model for the longest time," she said.

Fresh Perspective

Let's talk about something that is a little heavy, no pun intended, and most definitely real. The dreaded freshmen 15.

We all know there are many things that an incoming freshman thinks about. What if I don't like my roommate? Will I make friends? What if I can't find my classes? When and where are the parties? And the scariest of all, is the freshmen 15 real?

I like to put students into three categories when it comes to that one.

There are those who think they could never in a million years be victim of it, or, as I like to call them – naïve.

There are those who accept it, and stick their heads under the ice cream dispenser the first chance they get.

And there are those who get slapped in the face by the extra 15 pounds because they never saw it coming.

Naturally, I didn't worry about this too much because I'm a commuter. I thought, I can't gain weight in college because I'll be eating the same stuff I ate before, and I won't be tempted with unlimited food like the residents.

I recently found myself somewhere between category one and category three.

I was a student athlete in high school and played sports year-round. I kept in shape without even knowing it because I was doing something I loved.

Once I got to college, I stopped playing basketball, so I stopped having set times to work out everyday. However, I did not change my eating habits.

Now that working out was something I had to pencil in my schedule, I found myself doing practically nothing. It's not even that I felt bigger, but I felt unhealthy and unenergetic.

I didn't expect it. I guess I just thought I was in shape my whole life, so nothing could change that. I became one of those naive people.

I also didn't realize how hard it is to get back into shape once you are out of it. It came to the point where I couldn't believe I ever let myself get this bad.

I'm not going to give you some cliché crap about how it doesn't matter what you look like on the outside as long as you feel good on the inside. One, looks are important, they just are. And two, I find it near impossible to be overweight on the outside, and feel good on the inside.

So, if you look at yourself in the mirror, and you don't feel confident or healthy, change it – to an extent though. It is important to lose weight the right way and stay healthy.

I know, working out sucks. No one likes to run on a treadmill to nowhere, or pick up heavy things just to put them back down again.

That's what I thought working out was. I thought that it meant running countless miles and lifting weights. What I didn't realize was that exercising doesn't have to be boring.

Working out can be anything. Some people like dancing, or yoga, or boxing. It's all about finding a way to get your body moving and your heart pumping. I just had to find what works for me and stick to it.

I hate the gym, and I don't like working out in front of people because there are too many expectations. I used that as an excuse to do nothing for so long.

I finally realized that there are no excuses for being unhealthy. I had to start at my own pace, while also testing my limits and pushing myself to go harder.

I'm done making excuses like, I'm a commuter, or I don't have time, or I don't like the gym.

Let me tell you, there is no greater feeling than accomplishing something and seeing results. That goes for anything, not just beating the freshmen 15.

-Carly Trombley

I've got the cure

Congratulations, you've now managed to survive St. Paddy's Day for another year! Woo! Drinks are in order! … Maybe not.

Whether you're still feeling the effects from last week or last night, we've got you covered. Hangovers can be tricky so we're here to help, because the last thing you want after a blurred night of poor decisions is a raging headache accompanied by those violent dry heaves that leave you questioning where you went wrong in life.

For generations man has sought the cure for that nasty hangover, and depending who you ask, you might just find something that works. Here are some favorites that might just do the trick.

Keep Drinking. The always timeless boot and rally strategy has been known to help keep that hangover at bay, but does outdrinking your problems really work? Now sure, you're probably feeling like "the man" since not only have you beaten that headache, you've successfully gotten hammered at 10 in morning and life couldn't be better. Only one problem. What happens when you run out of beer? The keep-drinking strategy will always be flawed for that reason alone, and by the time you run out of beer, you've got an even bigger headache. Next.

Have Sex. Yes have sex. Having sex releases endorphins through your body causing a temporary state of bliss from that dreadful headache. However, this strategy is a lot harder than it sounds, no pun intended. For anyone who has ever had hung-over sex, you know that the process can be quite challenging. First of all, neither of you are in the mood, and moving any part of you body is just not going to happen. Luckily, it gets better. At the height of your climax, you couldn't feel better! Sadly, it's all down hill from there. Five minutes later, you're back to square one as the hangover creeps back in and now you've got to change your sheets. Temporary fix? Yes. Personal favorite? Yes. Long-term solution? No. Next.

Greasy foods. God yes. What tastes better than McDonalds at 3 a.m.? McDonalds at 9 a.m. Do you want fries with that? Is that even a question? However, the idea of greasy foods curing a hangover is just a misconception sadly, as there's been no evidence to support that logic. The best time to eat greasy foods is actually before you start drinking because it slows the rate you absorb alcohol, meaning intoxication happens more slowly, but who wants that? Next.

Water. Water. Water. Water. Water. Water. Water. Did I say water? Drink it. As much as you possibly can. Seriously, this is what your body needs more than anything after a night of Fireball and Natty Light. There's little reason not to follow this strategy, other than the fact you're going to be peeing like a horse all day.

For years I had a hangover cure that worked almost every time, though I can't say I'd recommend it now. Whenever I'd return from a booze filled night out, I'd drink as much water as I can, pop some vitamin B because alcohol depletes you of those important vitamins, and then take some aspirin.

After doing those three things I almost never, ever woke up hung-over. Still drunk yes, but never hung-over. Science beats superstition. However, doctors have since warned of this cure. Turns out taking aspirin while there's alcohol in you can cause stomach bleeding. Yikes!

In reality the best cure comes from drinking a lot of water, getting plenty of food in your stomach and maybe some vitamin B. After that, just hope for the best.

- Alden Bisson

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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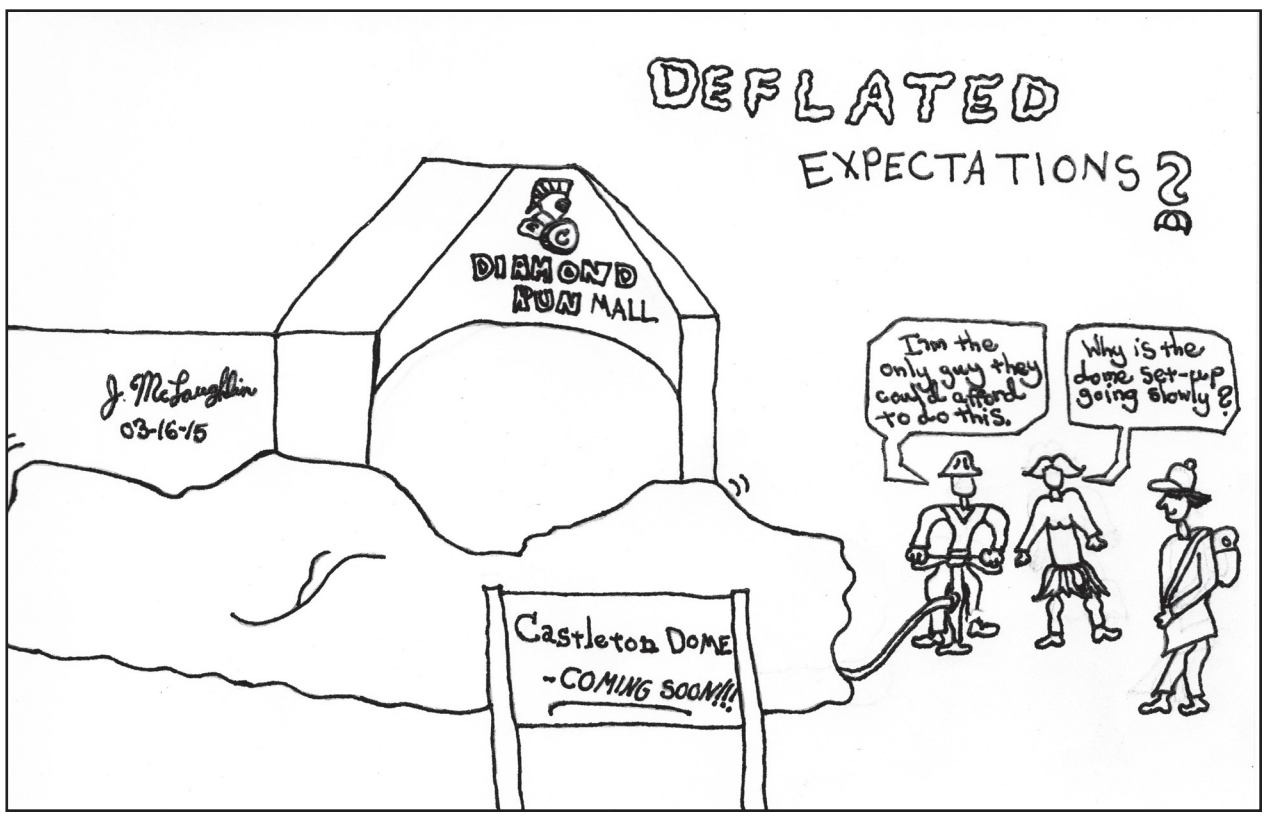
DEFLATED EXPECTATIONS?
DIAMOND RUN MALL
J. McLaughlin 03-16-15
I'm the only guy they could afford to do this.
Why is the dome set-up going slowly?
Castleton DOME -COMING SOON!!!

The Spartan travels to NYC

Blow inspired by students' responses and success of trip

PHOTO CONTRIBUTED BY DAVID BLOW

Castleton Spartan **members gather at dinner at an Italian resturant during their trip to New York City.**

I don't know why it took me so long to require it, because the reward was so great.

For the first time in the nine years I've been taking students to a journalism convention in New York City, I required them to write to me what they got out of it.

Often in past years, I could tell by the banter in the van on the ride home that they were inspired and that the wheels were turning in their heads about the various possibilities for the communication degree.

But this year, for whatever reason, I wanted it in writing. I wanted them to think a little bit and get those thoughts into a document and hopefully be honest and not write what they think I want to hear.

They did (well five of out nine did, to date). And I love what they wrote.

One was really inspired by keynote speaker Vikram Ghandi, who travels the world telling human interest stories for VICE and also made a movie about religion with him posing as a religious leader.

The student wrote that she never saw herself as a local newspaper reporter, but realized through him that there are larger stories to tell on a broader platform and that interested her.

She and another student also wrote how they never thought of New York City as a possible landing spot in their careers, but now they do.

"This experience completely changed my idea of living in a city, and I honestly feel like I have a new vision of how my life could be," she wrote.

One also talked about Ghandi and his comment that you almost have to need to do journalism to do it well. She questioned whether she had that tremendous desire, then decided she probably did "because almost all the inspiring journalists I met at the conference seemed to be making some kind of difference in the world."

Many wrote about the social aspect as well, saying getting to know other student newspaper workers on a more personal level was great. One called it "beautiful."

Another spoke of how perhaps her most valuable session at the conference was on whether or not to go to graduate school. It was presented, she said, by two journalists doing the same job – yet one went to grad school and one didn't.

A great part for me was that they were honest about sessions they went to that fell short.

"Then I went to 'Finding Your Niche in the Media World.' I was hoping that this would open my eyes to a million new job options for a newly graduated communication major. Unfortunately, the presenter was boring and bland and didn't really tell me anything I didn't already know," one wrote.

Arguably my favorite comments from these students were about newfound empowerment – just from a few days in the city around like-minded people.

"After the conference I see that you need to put yourself out there and be confident. Taking a risk is how you're going to get what you want and be successful … This conference gave me confidence and inspiration. I'm really excited now to see where I can go with this and excited to go back to the conference next year."

I asked for these written reactions to see if the conference inspired them.

In return, they inspired me, and as I tell everyone, that's why I love this job.

-David Blow

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SGA talks about increasing diversity

By Chris Manjuck and Sam Carpenter
Spartan Contributors

Only a handful of students were present at the second annual Open Forum sponsored by the Student Government Association on March 12. It was mostly faculty and community members who showed interest by heading to the 1787 Room in the Campus Center.

But the hour-long Open Forum wasn't so open after all. The conversation was steered by a mix of college officials and SGA members.

The main discussion topic of the open forum was inclusivity.

Elizabeth Young, president of the SGA**,** defines inclusivity for Castleton as, "How welcoming the college is to race, age, gender, LGBTQ, international students, (and those with) physical and mental disabilities."

The college emphasizes the importance of different cultures because the population of school is predominantly white. According to the American Community Survey, in 2004 Vermont is the whitest state in America.

Coordinator of International Student Services Deborah Singiser spoke about the "Castleton on the Move" initiative, which launched in 2013.

The strategic plan's goal is to increase the number of students attending Castleton to 2,500 by the year 2023. This goal hopes to not only increase the student population, but also increase the number of international students attending Castleton**,** she said.

> "If students don't know about other cultures, they are pretty much lost**.**"
> **-**Adan Osman

"Castleton has 30 international students, so adding another 100 students would bring that number to 130, which is just over 5 percent," said Singiser.

Adan Osman, a member of the Multicultural Club whose parents are from Kenya, was one of the few students at the forum. Osman explained what his club was involved in and said it will be hosting a dodgeball tournament to promote diversity. Though the students will compete against each other, the main idea is to share food and different culture.

Osman also talked about how he has volunteered his time with local elementary aged children and how he played games from his culture with them and talked to them about different cultures.

"The kids are the next generation. We need to acknowledge them, we need to care about them. If students don't know about other cultures, they are pretty much lost**,**" he said.

The SGA Open Forums can be attended by anyone interested in Castleton as a community and the school. SGA is brainstorming a way to increase the number of students at the next open forum, since the students make up the majority of the school.

Young said a date for the next one hasn't been set.

Castleton adopts 360 Proof for alcohol awareness

By Kristi Lawless and Eric Mack
Spartan Contributors

ERIC MACK / SPARTAN CONTRIBUTOR

Junior hockey player Tyler Gaudry takes 360 Proof survey.

Castleton College has become the first member of the North Atlantic Conference to take part in 360 Proof, an initiative sponsored by the NCAA to educate and reduce the consumption of alcohol in student-athletes.

On March 13, all winter athletes at Castleton took a survey in Stafford Academic Center that collected information regarding the use of alcohol. The survey consisted of a variety of questions ranging from the frequency of alcohol use; whether the students participate in these activities in or out of season, or both, and the student-athlete's purpose for drinking, whether it be celebratory, a coping method, or other reasons.

Castleton Associate Dean of Athletics Deanna Tyson is pleased with the idea of success associated with the Spartan name, however, she said if results showed a primary reason for participating in alcohol related activities was due to celebrating big wins, the program might find other ways athletes can celebrate while still having a good time.

Jeremy Benoit, a graduate assistant for Tyson, has been working with many schools across the conference to combat alcohol abuse.

"Every student-athlete provides a specific breakdown to provide a set of tools to assess alcohol abuse within our student athletes," Benoit said.

The answers by students are anonymous and will be compiled with those from many other schools across the NCAA to provide a better understanding of how to go about setting up an effective educational approach to alcohol abuse.

One of the athletes who took part in the survey on Friday was Will Laking, a member of the Castleton men's hockey team.

"I thought the survey was very educational and gave me a better understanding of how much alcohol is being consumed by many NCAA athletes on a daily basis," Laking said.

One of the main goals of the program is to make student-athletes aware of alcohol abuse and understand the impact it can have on performance.

Tyson said her primary purpose for being the first institution in the NAC to incorporate 360 Proof into the athletic department is to educate Castleton athletes. She said she was happy to see the reactions of staff and faculty outside the athletic department and their response to what the department was taking part in.

"They were amazed that the athletic department is doing something about student-athletes drinking alcohol," Tyson said, sitting at her Castleton engraved table as Spartan flags and posters covered the walls.

She also said faculty members are now aware that the department does more with student-athletes than simply helping them perform better.

Men's soccer coach John O'Connor offered his input from a coach's perspective. O'Connor hopes to use these surveys to compare performance and nutrition and the affects alcohol can have on performance.

O'Connor also holds the role of advising the Student Athlete Advisory Committee, and he said 360 Proof is another "part of our puzzle" in working with the community to improve the relationship for the big picture.

Some student athletes said the survey is likely useful, while others said they already had the knowledge of the negative impacts alcohol can have.

"I have grown up with the proper guidance to realize not to abuse alcohol in college," said Derek Gingera, a junior on the hockey team.

In the future, colleges will aim to further that guidance by bringing in more programs and public figures that focus on educating athletes about abusing alcohol, Tyson said.

Journalism students take on NYC

DAVID BLOW/CASTLETON SPARTAN

Journalists for the *Castleton Spartan* stand in front of the New York Times while at a College Media Association convention in New York City.

By Kaylee Pratt
Castleton Spartan

"Welcome to New York" by Taylor Swift blasted from the Castleton College van's speakers as Castleton journalism students arrived in the Big Apple March 19 for a three-day conference.

They would soon see themselves running around eating falafels off street carts, getting free Yik Yak socks from the conference goodie bag, watching a NCAA Big East Tournament game and roaming around with zoo animals.

For nine years, communication professor Dave Blow has been bringing students who have a passion for journalism to a College Media Association Conference at the Sheraton Hotel in Times Square. This year, nine deserving students, all members of *The Spartan,* were taken along for the ride.

"It was one of my most enjoyable trips," said Blow. "I thought the group dynamic was excellent, both academically and fun-wise."

The conference hosts hundreds of sessions for students to choose from, all related to the world of journalism and the media. For senior Jorah McKinley film and documentary reporter, Vikrum Ghandi, made her realize that good storytelling is key to having people care and fight for something they believe in. Although she doesn't envision herself writing in a newspaper setting, his brand of reporting excited her.

"I'm not sure where my degree will lead me, but the conference instilled trust in the fact that I'll be able to steer myself in any direction I find interesting," McKinley said.

However, the trip completely changed her mind about the city life. She even mentioned she could really find herself living and working there.

Another member of *The Spartan,* Catherine Twing, shared McKinley's view.

"The trip to New York was a really great experience for me. Besides re-affirming that I definitely want to be a journalist, it made me feel more independent and capable in the city," Twing said.

She attended five sessions, like the rest of the students did, and was mostly intrigued by the session about going to graduate school versus going right to work. Twing said it was interesting to learn that in the business world it's all about who you know and the experience you have, rather than the school you attended.

Some students however, had mixed reviews about certain sessions. Senior Daley Crowley, attended a session called "Finding your niche in the media world," and found it to be noteworthy, yet not what she expected and a tad boring. She did however enjoy the session held by the inventors of Yik Yak and she especially enjoyed the Ghandi keynote speech, in which he detailed his documentary in which he created a religion and posed as a preacher to study how people react to religion. He also reports stories across the globe for VICE.

"The filming he does with them must be a crazy experience – I would love to work for a TV show that would allow me to travel all over the place and film amazing things," Crowley said.

Other students on the trip, Mike Davis and Andrew Cremins, were psyched about the sports aspect of journalism. Both were able to attend sessions with reporters from Sports Illustrated and ESPN.

"I was able to gain great insight on 'the how' to get to that elite level," Cremins said.

After finding out the Sports Illustrated reporter was only 24 years old, he felt very motivated.

"I think it's awesome and inspiring for someone so young to excel, sitting atop of the sports journalism world," Cremins said.

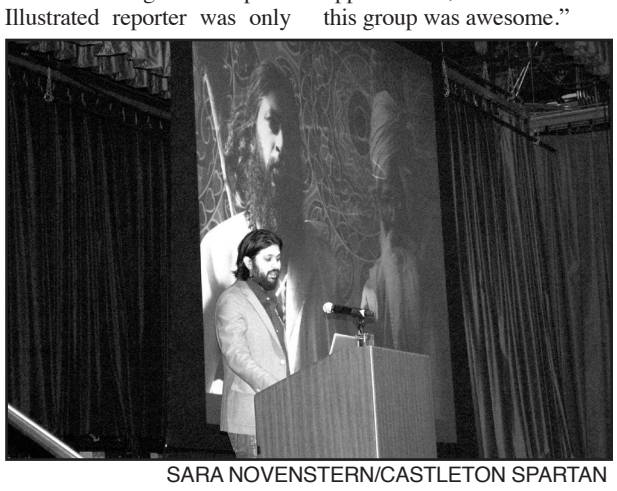
The trip also included linking up with Castleton alums Molly DeMellier and Stephanie Arndt, who both attend graduate schooling in the city.

This reporter, who is planning on applying to New York University for grad school, was able to attend a class at NYU with DeMellier, and she found it to be one of the most rewarding experiences of the entire trip. What took her by surprise however, was the fact that every student in class was foreign, except DeMellier.

"There are more Meng Zhang's in the NYU email system than there are Molly's. I checked," DeMellier said with a laugh.

At the end of the trip, students packed up with Vermont as their next destination. Blow said he loved the trip and how engaged the students were and couldn't wait to see what's in store for upcoming years.

"This is both a perk for them for working hard and my attempt at exposing them to opportunities," he said. "And this group was awesome."



SARA NOVENSTERN/CASTLETON SPARTAN

Filmmaker/reporter Vikram Ghandi, addresses students as a keynote speaker.

Student lands Stratton treasurer post

Alyson Marcucci

By Kaylee Pratt
Castleton Spartan

Getting into college, finishing college and then figuring out the rest of the equation usually happens completely separately for student. That was not the case for senior accounting student Alyson Marcucci.

Since Nov. 1, Marcucci has been working as assistant town treasurer in her hometown of Stratton, Vt. – while also attending school full-time at Castleton.

And after graduation she will be taking over full-time as treasurer.

For a total stranger, this may sound pretty rare, but to anyone who knows Marcucci, they say they wouldn't expect anything less from her.

"She's very much a perfectionist. I think any task she takes on she will always be successful," said business professor Peg Richards.

Every once in a while, Marcucci and Richards will see each other in the Coffee Cottage and have nice conversation to catch up a bit. As her former professor, Richards knows exactly what she is like in the classroom.

"She is a great student and a little on the shy side. She has a soft-speaking manner and has all her work done very promptly," Richards said.

Another professor, Judith Robinson, who teaches economics, expressed how proud she is of Marcucci's accomplishments.

"I think it's a wonderful example what a Castleton student can do," Robinson said.

Being such a young person and taking on such a lofty and important position position made Marcucci a little insecure. She wondered if others might see her lack of experience as a weakness. Yet to her surprise, people saw her presence as a change of pace and opportunity.

Town Clerk Kent Young said everyone is very excited about her taking over as treasurer. He said not only is she well known around the small town, but she also has very good grades in school and excellent qualifications for the position.

Furthermore, as technology continues to advance, Kent said they will need someone who knows what they are doing with a computer and Marcucci will be perfect.

"It's nice to get someone young that can learn. She was certainly one of the top people that were considered," Kent said.

Alyson is eager to get started with life after graduation and has been preparing for this position since she even thought of running for the office.

"I am very excited to start this new journey, although I know there will be learning curves along the way."

Career Fair provides opportunities for all students

SARA NOVENSTERN / CASTLETON SPARTAN

Students check out booths at the career fair.

By Daley Crowley
Castleton Spartan

The smell of popcorn filled the Glenbrook Gymnasium as students wandered around the annual college job fair last Thursday. Booths were set up in four rows covering the entire length of the basketball court. As students walked slowly up and down the aisles, they held their free popcorn in one hand and various job applications and information pamphlets in the other.

Employers eagerly tired to get the attention of passersby, hoping to find interested candidates for their job positions, internships, or grad schools. Some used free pencils, pens and candy to entice students to stop at their booth.

When asked what she looks for in potential employees, Barbara Begin from Heritage Family Credit Union said, "confidence is key."

"When students come up to my booth I want to see that they are confident in themselves and in their abilities," she said.

Begin believes that gaining work experience while in college is incredibly important.

"You can have a masters degree in whatever, but if you don't have any work experience, it's going to be nearly impossible to get a job," she said.

This belief is shared by many others. Anthony Garcia stood at a booth in search for interns to join him at Retail Edge. He believes that career fairs are important and beneficial for freshmen all the way to seniors.

"This is the first chance students have to get out there and meet employers. It's kinda like their first interview," said Garcia.

Senior Justin Derosier said he thinks underclassmen can benefit from career fairs just as much as upperclassmen.

"It can all seem a little overwhelming, but it's good to just get yourself out there," he said.

Athletic Training major Michaela Babineau thought the fair was very informative, but she wished there had been more jobs geared toward her major.

The representatives from W.B. Mason Office Supply Company had a few tips for students looking for jobs.

"I can't stress enough how important it is for students to come to events like this dressed professionally," said Elissa Andrews enthusiastically. "Looking presentable is very, very crucial."

Her co-worker and Castleton alum, Jarrod Pulsifer, agreed, adding "a tip I have for students looking for jobs is…. don't just come up to the table, ask for the free gifts and then leave," he said with a laugh.

Continued on Page 6

A minute with Michael

Michael Sabataso

Question: What are your symptoms of spring fever?

Liz Diohep
Junior

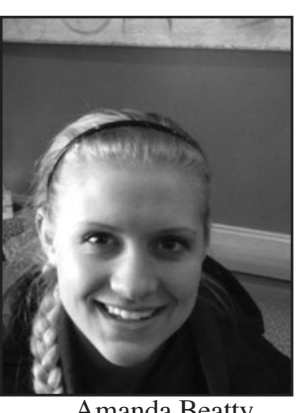
"My symptoms of spring fever are I tend to get jittery and it is hard to focus. Around springtime I also have to fight the urge to skip class."

Molly Turco
Freshman

"I get really excited for spring."

Zach Devoid
Junior

"Definitely not doing my homework."



Amanda Beatty
Freshman

"Procrastination!"

Mike Ferro
Sophomore

"Not trying to go to class."

Jared Leno
Junior

"Definitely happiness that's for sure. The sun is going to be coming, out but it hasn't yet."

Duo opens Depot Cafe in old train depot

HEATHER ROBINSON / CASTLETON SPARTAN

Customers gather in The Depot Cafe on Main Street. The Cafe opened on Feb. 21.

By Daley Crowley
Castleton Spartan

On one side of the Amtrak station you can board a train, but on the other side you can enjoy a freshly baked cinnamon streusel scone, a delicious deli sandwich or a hot cup of Green Mountain Coffee.

The Depot Café & Bake Shop opened on Feb. 21 and is only a short walk from campus.

The large glass shelves as you walk into the new bakery are filled with freshly baked cupcakes, cookies and scones. As you make your way into the shop you can smell fresh coffee and deli style cooking.

As two older women sit in the corner chatting over their steaming soup, two young girls walk in to grab coffee before heading to class. They are all greeted with a large smile and a "how's it goin'?" from the man behind the counter.

Bill Hieber and his girlfriend Michelle Scott had been running two food businesses out of their home for the last 10 years. Hieber owns Feastivities Catering Service and feeds parties with anywhere from two to 200 guests, including faculty assembly lunches on Castleton's campus.

Scott owns a bakery business called Michelle's Sweet Creations. When she's not baking coffee cupcakes, Scott works in Woodruff as President Dave Wolk's secretary.

The catering business and the bakery are both now being run out of the new location on Main Street.

The right half of the Amtrak train station has been an empty space for the past few years after previously being a bakery for five years. Hieber was running out of room in his home so he contacted the building's owner, Maryanne Jakubowski, and decided to move his business there.

"When we got here, it was just walls and floors," Hieber was heard telling a curious customer. "We're still getting electrical work done, but it's coming along pretty well."

The couple's commute to work is a quick one. They live 2-doors-down, allowing them to move all of their equipment relatively easily.

Their first month has been a success.

"It's been quite busy," said Hieber. "Much better than I had expected, especially since we've done very little advertising."

Hieber and Scott also each have their children helping them out in their new shop.

"I love working here. It's basically a family-run business," said Hieber's daughter Ericka Carter. "It's a lot of fun."

Scott's son, Nick, has worked there since they opened. "I like working here," he said "It's nice working with family."

The three-in-one bakery-deli-catering business is on 266 Main St. in and is open Monday-Saturday from 7 a.m. to 2 p.m.

SARA NOVENSTERN / CASTLETON SPARTAN

Ron Vaughn throws dough for pizza in Huden Dining Hall. Outside of Huden, Vaughn's passion is music. He has played with several professional musicians and even rode in Jonny Cash's limo.

Do you know the pizza man?

By Callie Ginter
Castleton Spartan

Ron James Vaughn sits back in his chair and thinks about his answer. Wearing his Sodexo uniform, he ponders which of the stars he's jammed with was his favorite. He smiles his warm smile and leans forward.

"Probably in Nashville, Tennessee with Ronnie Milsap, or with Bill Morrow, he was the king of bluegrass back then," he said.

And although Vaughn said he has played with musicians including Jeannie C. Riley, Ray Stevens and Jonny Paycheck, and hung out with musicians including Jonny Cash, he says his heart has always been for the music, not the fame.

At a first glance, the 63-year-old guitar player from Cincinnati, Ohio, looks like your typical country guy; a Waylon Jennings type. With a big gray mustache, glazed-over red bloodhound eyes, and a deep southern accent, he pretty much sums up "ole' country boy."

You can usually spot him in his red Dodge Caravan in the parking lot of The Houses jamming to his favorites like Waylon Jennings, ironically enough, or Leon Russell. Or you more likely may find him in Huden's, "La Trattoria," tossing pizza dough, making Italian food for the students.

But Vaughn is much more than a pizza maker and in just a few minutes chatting with him, you can learn of his exciting, surprising past.

"In the '60s we began our music career as we had our own TV show in gospel on channel 12WKRC," said Vaughn of his family. "During that time, I remember meeting a young kid when we went to the TV station and he would always sit by himself, and he was real quiet and would hardly talk and his dad would tell him to sit there.

"It was the son of Nick Clooney, and his name was George Clooney. I guess he didn't stay quiet too long," Vaughn said with a laugh.

He met the members of Lynyrd Syknyrd in a nightclub in Nashville. He met Gary Lewis and the Playboys, and use to be neighbors with Roy Orbison, George Jones, Tammy Wynette and Jonny Cash.

"Back in my hippie era … I had hair down to my waist and owned a Volkswagen Van, my pride, with a big peace sign on the front. I got used to being pulled over … One time my van broke down and to my surprise a limo stopped to give me a ride and driving the limo was Jonny Cash," he said.

He continued.

"He told me it really gets lonely being an entertainer … I always remember how nice and a humble man he was … I swear, listen to "Man in Black" by Jonny Cash and ya'll know what his life is all about," said Vaughn.

He once was talking to Jody Payne, Wille Nelson's guitarist, in a hotel in 1978. Willie had recently just quit smoking, but Vaughn and Payne hadn't.

"I know what Willie smokes, it's the best," whispered Vaughn, grinning from ear to ear, looking like he just took a hit of whatever it was Willie smoked.

He has had numerous side jobs throughout his life including baking birthday and wedding cakes, operating a pool service and working for FedEx.

But Vaughn's life has not been all fun and games.

"Life became a little more fast paced and I began to stray away from Jonny's warnings to me," said Vaughn.

"Being on the road a lot, and always being away, I'll tell ya, it cost me my first marriage, and I'm not proud of it," he said.

COURTESTY PHOTO

Vaughn jams out on the guitar with his band.

And it wasn't easy on his son either.

"Well to simply put, my parents' divorce sucked and when it happened, he moved to Florida so I only got to see him in the summers," said Ronnie Vaughn.

But Ronnie, "a chip off the ole' block," according to both him and his dad, has a lot to admire about his father.

"Becoming a working musician … it is hard to do in this day and age and I've become quite good at it and a lot of that I credit to my dad's work ethic when it came to music," said Ronnie who has played with artists including John Mayer and Maroon Five.

Students at Castleton admire his dad too.

They know of Ron as, "a really chill, really nice, open guy," according to junior Matt Woodward. "I had no idea he's met so many cool people, to hear that is amazing."

And Ron is just as fond of the students as they are of him.

Sophomore Kailey Corbett has become close with Ron over the past two years.

"He takes a real interest in the students here, we talk about music and psych. He always says 'that shit's going to change the world!'"

But his interest in students is more than small talk.

"He came up to me the other day and told me about a job opportunity I should take. It was so chill of him. He's the chillest dude in Huden," said Corbett.

And lately he's been jamming with students too. On Tuesday nights, Fireside Café hosts an Open Mic Night, and Vaughn has been playing tunes from various musicians including Charlie Daniels Band and ZZ Top. He has also taken freshman Lawrence Hathaway under his wing and they have been performing together each week.

But with such a neat past, many students wonder how Vaughn ended up in little Castleton, Vt. making pizza in Huden.

He met his second wife Vickie, in a club in St. Petersburg , Fla. in 1986 and was soon married in 1988.

"She's the most beautiful lady," said Vaughn.

The admiration is mutual.

"When we first met he was very calm, very soothing, he was just wonderful," said Vickie.

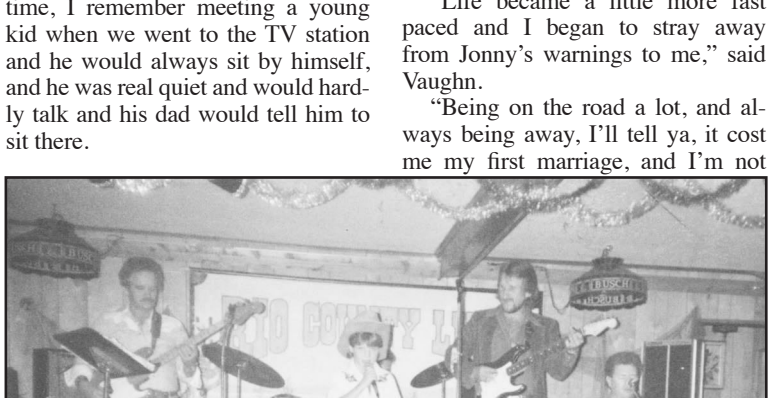
Sadly, Vickie's mother passed away shortly after they married, moving them back to Poultney where she grew up. "Nothing has changed, we are still just about the same as we were then," said Vickie.

In the '80s, Ron did his last show with Ray Stevens and T.G Sheppard.

"I know I would be settling down on the wild side of the music world and Jonny's words were sinking in," he said. "I like my laid back living. In 2010 I found the best job ever working at Castleton State College … I am so content in what I do at CSC and I love my job because of the students …I love ya'll and thanks for being a part of my life," he said.

As for the future for Vaughn?

"I'll be happy here in five or 10 years down the road, and I'll play music in the summer time," he said with that trademark smile.



COURTSEY PHOTO

Vaughn practices with the rest of his band.

Women's History Month for everyone

By Catherine Twing
Castleton Spartan

Castleton's Women's History Month goes beyond simply empowering women and into the realm of discovering how the story of one can affect the whole community.

"It is a celebration and recognition of women's important contributions to society," said Melinda Mills, coordinator of the women's and gender studies program at Castleton. "These contributions have improved everyone's lives, not just that of women."

Mills stressed how important it is to see issues as not just belonging to women, but in the best interest of everyone.

"Reframing women's issues as social issues or public health issues implicates everyone" Mills said. "Issues like access to jobs and living wages, affordable education…and other issues become everyone's concerns, and thus everyone's shared responsibility."

Beginning in 1988 as a small celebration of International Women's Day, March 8, the event has grown into a month-long recognition of women and their achievements.

Victoria Angis, Dean of Campus Life, has been involved in the celebration for many years. She finds the month important because it is still a rather untouched subject.

"Women's history is not taught often or much in depth," she said. "The more you learn the more you see how crucial women are and what lessons are to be learned."

In the early years, awards were given to successful women in the community, to recognize Vermont women who were making a difference. While fun, it was more celebratory than educational, and did not include many students, Angis said.

One of the longest running traditions is the equity bake sale. Women make roughly 75 percent of what men make, doing the same work. So, at the bake sale, women are charged 75 cents while men are charged $1. The proceeds go to charity.

"It's for a good cause," Angis said. "It's also fun and a way of learning about inequity."

Another long-standing event is the "Every Woman Has a Story" program, which runs every Wednesday from 1-2 p.m. during the month of March in the Huden Alumni Room. Women from campus and the community are asked to share their stories. Some tell of their academic achievements while others focus on individuals who impacted their lives.

Angis came up with this idea while visiting her mother in the hospital. Oprah was on television with a segment dedicated to telling the stories of random individuals. Angis was searching for something to replace the awards and landed on the idea of having women tell their stories.

"I said 'This is it! This is it!" Angis said excitedly. "But instead of everyone has a story, every woman has a story!"

The event has had over 100 speakers since its beginning in 2003. Most presenters are faculty or staff with a few students and community members.

Fardoos Mohamed, a senior social work and sociology major, was nominated to speak this year. She told the audience about her mother and how she and her siblings were inspired and protected by this amazing woman.

In her speech, she described her mother as "a strong woman that taught me that education is the most important thing in life and being an independent woman is what every woman needs to do."

Mohamed, who was born in Somalia and raised in Yemen, came to the United States in 2008. She found the experience of sharing her story to be very powerful.

Continued on Page 6

Science students to get a dose of the desert

By Carly Trombly and Margie Kuchinski
Spartan Contributors

Seventeen lucky upper level Castleton science majors will trek into the Mojave Desert this summer led by professors Brad Coupe, Tim Grover and Christine Palmer.

Leading up to the big trip, students must take the Natural History of the Mojave Desert course to prepare them for what to expect in the field. The course will cover a mixture of geology, biology and ecology.

Coupe founded the course in 2005. But before he taught at Castleton, Coupe performed his own fieldwork and studied rattlesnakes in the Mojave.

"This year we're condensing a semester long class into four days. Instead of what was a largely lecture based course, we'll more likely be doing activity sorts of things," said Coupe, who believes experiential, hands-on learning is best.

At the conclusion ofw the four-day class, students will spend 10 days in Death Valley and the Mojave Desert. For wthree days, students will be tent camping. For the rest of the excursion, they will stay at a converted homestead near the University of California's field station.

"I'm pretty excited to see some new rocks and explore some cool places," said junior geology major Sam Nunnikhoven.

"I'm ready to get out of cold Vermont and go to the desert," chipped in fellow geology major, Alex Clodgo. This will be Clodgo and Nunnikhoven's first trip with the science department.

Nunnikhoven and Clodgo are not the only ones enthusiastic about exploring the desert. Grover, chair of the science department, is already planning his lessons for the trip.

"We'll be going on a number of different hikes to look at and identify the rocks. Every year is a little different though, it's a huge area and there's plenty to explore," Grover said.

Grover will primarily be teaching students desert geology while Coupe will focus on biology and Palmer on ecology. The students will become experts on the specialty of their choice during the four-day crash course and teach each other once they are in the Mojave.

With a record number of students joining the trip this year, Coupe has high expectations.

"I want them to go out there and see things they've never seen before, think things they've never thought before and come out of it with an appreciation of the desert that most people don't have," Coupe said with a smile. "I want them to have a wow experience."

COURTESY PHOTO

Professor Tim Grover leads a group discussion with students on a prior trip to the Mojavi Desert.

An emotional roller coaster

By Catherine Twing
Castleton Spartan

Depression, suicide, sex, abortion. Growing up sucks.

The Castleton Theater Arts department's production of "Spring Awakening" by Steven Sater, March 18-22 in Casella Theater, was unlike any other show I've seen, as it combined these challenging issues with youthful rock music.

The subject matter would probably land it an R or NC-17 rating in box offices, but this performance was a must-see due to the cast and crew's outstanding execution of such a complex show.

While the plot was heavy and emotional, the show had an upbeat feel because of the music. The live band, directed by professor Paul Kafer, and comprised mostly of Castleton students, was seated upstage of the acting.

At times, the guitar solos, impressive vocals and light design made the show feel more like a rock concert than a college musical.

Most of the musical numbers are the thoughts going on in the characters' heads, while the rest of the show is the external plot.

Besides the powerful music, the choreography was really what made the audience understand the chaos of the mind. The actors threw themselves around the stage in aggressive numbers, yet moved in almost yoga-like poses during somber, serious scenes.

One thing that no one can dispute is that Castleton students are talented. The show opens powerfully with Jordan Griffiths, as Wendla, singing solo. That girl can sing.

Other members of the cast proved their vocal abilies as well as acting abilities throughout the performance, including Nick Marshall as the male lead, Melchior.

The actors did a phenomenal job telling the stories of the characters in a mature and honest way.

Although the show has a fun package, there's no denying these subjects are serious. From a same-sex kiss between Ernst and Hanschen, played by Dalton-Jesse Cummins and Eric Monzel, to the character Martha played by Haley Ryan, who is abused by her father. This show is as real as it gets.

The audience reacted maturely, but there were times that I found myself snickering, not out of humor, but because I felt uncomfortable. There was one scene where Wendla is asking Melchior to hit her and he refuses. Once he does strike her, however, it gets violent. I do not think the chuckling was because the audience found abuse funny, but because it was ironic and uncomfortable.

One actor whose energy really added to the show was Justin Gardner.

Gardner played the character of Moritz in a very natural way. His remarkable ability to play spastic, manic characters has been demonstrated in his role of Buddy in "The Diviners" during fall 2014, as well as his role in this show. His character commits suicide in what I thought to be the most emotional scene.

What was really fun about this show, despite the serious topics, was how it had a youthful spin. The song "Totally f&!*ed," is such a perfect example of how a teenager would react to knowing he's in trouble. Amidst the sadness, there was a lot of teenage reality involving sex, swearing and a "f--- it" attitude.

It's cliché, but I laughed, I cried, I smiled, and overall, it was an experience.

CHRISTOPHER WILLIAMS / CASTLETON SPARTAN

Spring Awakening cast member Nicole Irwin gets into a musical number.

Cast performs for 'musical mastermind'

By Karsen Woods and Abi Foster
Castleton Spartan

Theater professor Harry McEnerny's casual demeanor and subtle request resulted in an eruption of excitement in Casella Theater Friday afternoon when he asked his cast of "Spring Awakening" to perform an impromptu version of their balls-to-the-wall track, "Totally Fucked."

Knees were bouncing and hurried shrieks turned to nervous shivers as the cast prepared a full-throttle performance for a very renowned audience member.

The Castleton Theater Department hosted Duncan Sheik, the musical mastermind behind "Spring Awakening," written by Steven Satar. Sheik won two Tony Awards for his compositions behind "Spring Awakening" and is best known for his 1996 hit, "Barely Breathing."

Sheik began a workshop session with the cast and crew of nearly 50, beginning with an open forum style Q&A, followed by two hours of performance and critique. He also took the time to reflect with students on his transition process from singer-songwriter to composer.

"It is freeing to be able to write from a perspective different than yourself," he said.

This is a concept that Sheik has mastered, especially when it comes to writing for alternate genres from "Spring Awakening" to "American Psycho" and even "Because of Winn Dixie."

"The darker the better," he said.

Heavy material is something that Sheik is familiar with. He graduated from Brown University with a degree in semiotics; the philosophical study of signs and symbols. He credits much of his success to the culture he received by choosing this path for his education. His experienced equipped him with resources to move freely from one genre to another.

"It helped me see the bigger picture to create something that could combine every communication medium into one production," Sheik told Castleton students.

Nick Marshall, Castleton junior and lead cast member, said it was beneficial to receive an outside perspective from someone who knows the play as intimately as Sheik. The best piece of advice Marshall took from the workshop was to sing as if you're alone in your bedroom and no one is watching.

"You're there to entertain the audience, but don't act like it," Sheik told the cast.

Marshall also discussed the benefits of Sheik's hands-on teaching style.

"There were a couple of times that he had some notes for the bands on how to play certain things. He actually went back and played somebody's guitar just to show him how to do a certain part", Marshall said.

McEnerny, director of Castleton's interpretation of "Spring Awakening," was most appreciative of Sheik's commitment and down to earth persona, particularly from the perspective of a director and student mentor.

"I really enjoyed and appreciated how he dealt with the students, with total honesty. And he wasn't hiding anything; he answered questions from a very honest position," McEnerny said.

Paige Crickland, Castleton sophomore and assistant stage manager, was most impacted by Sheik's advice on how to break into the theater world following her Castleton career.

"It was helpful for me to hear, because then I was like 'okay, I need to go to New York!'" Crickland said.

Crickland said she was able to see just how positively Sheik's influence resonated through the cast just days before opening night.

"From my perspective, I feel like they amped up their energy a lot. It became more real for them," she said.

Alexa Fryover, sophomore cast member, was also struck by Sheik's down to earth temperament.

"He's so laid back ... He actually seemed interested in us. It was nice just to have someone talk to you as if we're equals," she said.

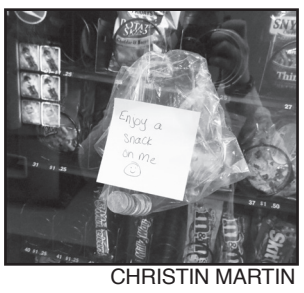
Fryover shared with us her hopes for future productions, as well as for the Castleton student body as a whole.

"If we could have more professionals come in, I think it would be fantastic. I would always be willing to do whatever to workshop with professionals. Not just in the theater department, but in general, having professionals that people know of come in will boost confidence in what they are doing. It's very reassuring," Fryover said.

KARSEN WOODS / CASTLETON SPARTAN

Tony Award winning composer Duncan Shiek discusses the music from Spring Awakening with the cast in Casella Theater.

The little things



CHRISTIN MARTIN

Continued From Page 1

From 10: 30 a.m. to 11 a.m. on a Thursday morning, 51 people heading into Leavenworth Hall held the door for the person behind them.

"I'm pumped when someone holds the door for me. It's just nice to know they're paying attention to what's going on around them, and they're aware of other human beings," Alex Brownell said.

She tries to show people she cares by asking about their day.

"When people take the time to ask you about yourself, it means a lot," Brownell said.

Brianna Hoar has a unique response when people ask her how she's doing. Instead of the cliché "good, how are you," she tries to step it up a notch and respond with, "I'm awesome, and you?!"

Hoar said this brings joy to herself as well as others.

Vy Swenson, of Alumni and Parent Relations at Castleton, is currently trying to implement what she is calling "Project Gratitude."

This includes members of the Castleton community writing small thank you notes to people who have somehow improved their time at Castleton. These notes will be posted and then delivered to whomever they are addressed to.

Swenson's goal is to make "thank you" a Castleton tradition.

For her, just seeing a smile on someone else's face brightens her day.

She's also a self-proclaimed hugger.

None of these things are difficult to do, but they bring joy to members of the Castleton community. A hello, a thank you, an open door, a hug, or just a question about your day is all it takes to keep Castleton students smilin'.

Dow knocks down all barriers

Continued from Page 1

"My favorite part was being with all of my friends," said Sarah Peters, who won three medals throughout the day.

Each race had two people in it; a participant in the games and a volunteer they had been training with. Katie Miller from Woodstock partnered with my brother, Tanner Dow.

"Stepping in on the first day, meeting Tanner, as well as seeing everyone's smiles and laughter as I walked in, made up my decision on how amazing these people truly were, every one of them with their own story, inspiring attitudes and big smiles on their faces," Miller said.

The Dow and Miller duo ended the day with a gold and a bronze medal.

My brother is autistic. The doctors thought he would never speak. He overcame. They didn't know how much he would develop mentally. He's the smartest person I know. They thought his disability would prevent him from many things.

PHOTO CONTRIBUTED BY JADIE DOW

Jadie Dow poses with her brother, Tanner, after the Special Olympics on March 6.

He has proven them wrong time and time again.

Every single person there had a different story. The Special Olympics gives them a chance to take every road block they've encountered and blast through with a huge smile.

"Nowhere else can you sense the human spirit from Olympians and spectators alike than at the Special Olympics. You'd have to be a cold-hearted person not to feel something from that event," said John Dow, a proud spectator and father of Tanner and I.

Tanner loved winning medals, but what was more important to him was being able to spend time with the people he loves.

"After the event we got to eat pizza and watch Tangled," Tanner said. "I loved winning the gold and bronze medal too!"

He's my hero.

A student's lesson on design

Molly Howard organizes successful Design Night

SARA NOVENSTERN / CASTLETON SPARTAN

Senior Molly Howard organized a Deisgn Night in th 1787 Room on March 18. Students were able to reach out to professionals in the industry.

By Callie Ginter
Castleton Spartan

Senior Molly Howard organized Castleton's first Design Night last Wednesday in the 1787 room. Howard invited four guests who are professionals in the design world, to come share their work and experiences with students and faculty.

Howard was introduced to the volunteer group AIGA, the professional association for design, last July, and it further inspired her passion for graphic design work.

"I wanted to share my resources," said Howard.

Anna Barakat was one of the guests who came to share about her career as an architect. Barakat explained the job is constant and always changes.

"Working on retail is a very fast moving experience," said Barakat.

Katie Rutherford was another guest who does advertisements for HMC Advertising. She creates packages and explained how photography and packaging play a huge role in the world of design.

Rutherford's page on the HMC website quotes Amanda Iaria as saying Rutherford is able to create "superbly constructed designs with the kind of consistency and skill that make our clients salivate over the potential for success."

Castleton's Jeff Weld was one of the speakers as well. Weld spoke about the transition from a college student to a person in the work force, and how to be successful.

"I was going from Jeff the student to Jeff the colleague," he said. "I never said no to opportunities."

Guest Jeffrey Harkness also spoke about how important opportunities are and how times have changed.

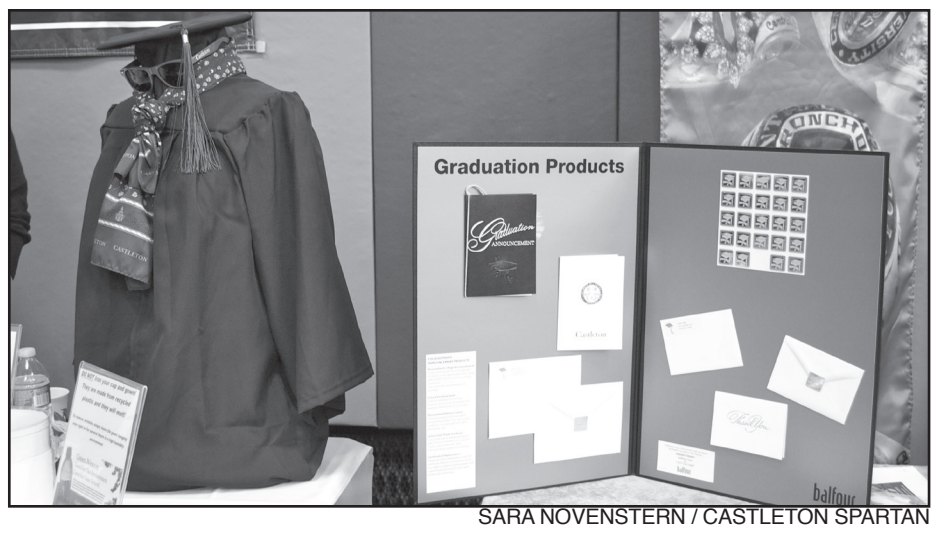
"If you really want this career, there's more opportunity today then there ever was," said Harkness. "A strong portfolio is what's going to get the door open for you."

Howard was thrilled with the night overall.

"I thought the night was awesome, and I think there was a lot of good information for students and myself to gather as well as resources for them to extend themselves out to these designers and get involved … This was exactly how the night was supposed to go, so I got pretty lucky!" she said.

With more support, Howard hopes to continue the design nights.

"I do plan to continue to bring this type of event to Castleton after I graduate, so an annual design night would be ideal and a goal to shoot for," she said.



SARA NOVENSTERN / CASTLETON SPARTAN

Students prepare for graduation by purchasing caps, gowns, tickets and other items at the Career Fair on March 19.

Preparing for 'Pomp and Circumstance'

By Callie Ginter
Castleton Spartan

The seniors took another step toward graduation at the Career Fair Thursday in Glenbrook gymnasium. Caps, gowns, commencement tickets, class rings and personalized announcements were all being snatched up by eager, soon-to-be graduates.

The seniors walked down a line and went table by table to order their graduation necessities.

Michelle Hoffman and Kali Lapan were holding their commencement tickets once they got to the end of the line, and had signed up to get personal announcements as well.

They both found the event very useful.

"It's really organized," said Hoffman.

"They were really helpful," Lapan added.

Patrick Gadwah left the line looking a bit overwhelmed.

"I signed up for the raffles and I got my tickets … I'm pretty nervous. This calmed my nerves a little, but overall I'm still nervous," he said.

Samantha Clift ordered her cap and gown there, as well as her tickets.

"It definitely seems more real now, that's for sure," she said.

Mikaela Poley was sent to Glenbrook after she collected her cap and gown from the school store to get her commencement tickets, and was excited to see all the other booths set up for the Career Fair.

"It's cool that it's here! It gives us an opportunity to look at other opportunities in the work force," said Poley.

Victoria Angis, Vyonne Swenson and college store manager Gail St. Pierre were few of the staff working with the seniors.

"You no longer have to order … it's so much easier now," said St.Pierre, talking about the caps and gowns.

Caps and gowns are still available in the school store for $34.95 with a student ID, and are 20 percent off with a coupon. Special diploma frames are for sale as well.

Women do amazing things

Continued From Page 5

"Standing in front of so many people was something," Mohamed said. "It felt okay just answering questions, sharing my culture with other people."

Mohamed noted that when she arrived at Castleton three years ago, it was not very diverse and people did not know how to react to her appearance and accent. By sharing stories and promoting cultural awareness, the Castleton community has warmed-up to the idea of different cultures.

"Storytelling and truth-telling prove powerful tools for sharing our experiences," Mills said. "These stories take great courage and bravery to tell, and reflect similar qualities in the speakers: courage and bravery."

Mohamed agrees that having women tell their stories is incredibly important.

"It is good to recognize women. Back in history, women did not have power. People are more proud today to see women in the world," she said.

Angis' favorite part of the month is the planning stage where a committee of mostly women get to meet and share ideas.

"It's a group of women with different skills, interests and backgrounds all collaborating" she said. She added how empowering it feels to be in a group of determined women, working together for a unified purpose.

While the program is already very full and exciting, Angis has big dreams for the future.

"I'd love to have Hillary Clinton, Michelle Obama, Oprah or Beyonce," Angis said with a chuckle.

She added that she'd love to see women speak from all areas of academia including medicine, science and politics.

"It's not just the famous ones," she said. "Women everywhere are doing amazing things."

Fair offered LinkedIn pix

Continued From Page 3

These opportunities would not be possible without the Director of Career Development Renee Beaupre White, who is responsible for organizing and promoting the fair. As students lined up to register at her table, she said she was pleased with how many people had showed up.

"There has been a steady flow of students," she said. "On- and off-campus students, alumni and community members. There has been a great variety!"

Beaupre White's intern, Kristin Helm was also excited about the turn out.

"A lot of students have been coming by!" she said proudly. "Seniors seem to be most excited about getting their graduation tickets and everyone is very excited about the free popcorn," laughed Helm.

Along with the job, internship, community engagement, and graduate school opportunities, Beaupre White provided a new service for students who attended the fair. As you first walked into the gymnasium, Student Life Area Coordinator Kevin Kareckas had a photo booth set up. Students could have photos taken of them to use on their LinkdIn profiles.

"Renee really believes that LinkdIn is becoming a very important resource for students. It helps students connect with potential employees," said Kareckas. "First impressions exist online as well."

Overall, everyone seemed to have the same opinion; career fairs are important and very beneficial.

"This is such a great opportunity to get yourself out there and see what employers are looking for," said Katie Conn from Vermont Country Store. "I didn't go to my college's career fair and I really wish I had."

Library steps out of order

CHRISTIN MARTIN / CASTLETON SPARTAN

The library steps are once again blocked off awaiting repairs.

Cuban Music &

Dance Party & Pub Night

What: SGA, CAB, the Spanish Club & the Teaching and Scholarship Committee present a Cuban Pub Night with Cuban styled music, cuisine, beverages & dancing to help support the Cuba Immersion: History Culture & Music class trip to Cuba this May!

When: March 26th, 7-10 pm

Where: 1787 Room, Campus Center, Castleton College

How much: FREE ADMISSION! Drinks and Cuban snacks available for purchase

50/50 Raffle Dancing Great Music

Softball players receive NAC awards early into the 2015 season

By Kathleen Webber
Spartan Contributor

Two Spartan softball players were recently awarded North Atlantic Conference Pitcher of the Week and Rookie of the Week honors.

Kayla Wood and Taylor Paquette received the awards respectively for their performance the week of March 8-14.

"I believe I was awarded "Rookie Of the Week" because I have shown that I can hold my own as a college pitcher and that I am capable of pitching in tough situations. Being "Rookie Of the Week" is a great honor and it gives me even more drive to be a better player," Paquette said.

Wood said she was excited for herself and her teammate.

"Out of the three awards from the NAC (Player Of the Week, Rookie Of the Week and Pitcher Of the Week) myself and Taylor Paquette were named to two of these. I thought it was great because we hadn't had a single outdoor practice until we arrived in Florida and were named those titles," she said.

COURTESY PHOTO

Kayla Wood stands ready for a playoff game versus Husson University in the NAC playoffs last season.

Softball coach Eric Ramey had many uplifting words to say about his two players.

"Kayla is a great competitor. She has great character, and wants to finish every game she starts," he said. "Taylor has great promise. She is very talented, and fearless in the pitching circle. She was very poised for a freshman making her first collegiate appearances last week. As she continues to adjust to being a college athlete, we are looking forward to her being in our pitching rotation for four years" Ramey said.

The softball team went south to play in Florida and ended with a 4-3 record. The feat, as Wood mentioned, is especially gratifying because the team has yet to practice outdoors. In addition, they have not been able to hit because of the batting cage being broken.

"I think overall we are going to have a very strong team if we keep working hard, and our performance in Florida was just the start," Wood said.

Paquette agrees.

"When we went down South, our defense was incredible and that is why a lot of teams struggle against us. Our experience in Florida showed what our strengths are and what areas we need to work on. We were able to finish with a winning record," Paquette said.

This was the first time that anyone on the team has won a game when traveling down South. Paquette believes that the team has a bright future ahead of them and that they all are looking to win a championship. Ramey also feels the same way.

"Our team is excited for the season. We have great energy at practice, and we care about each other. We need to get better every day, and believe in the process. We are excited for the season," Ramey said.

Pitching leads to success for men

By Jordan Lumsden
Castleton Spartan

The Castleton baseball team is off to a 5-3 start to their season. The Spartan sluggers have played the "comeback kid" in three of their last four games, beating both Apprentice School and Tufts University in dramatic fashion.

With downright awful baseball weather, the team played their games in both the Dallas area and Virginia to start off the season. Weather is the biggest factor in getting the level of play to be where they want it to be, according to head coach Ted Shipley.

Shipley said the team was focused on playing good college baseball.

"We are really focused on trying to prepare ourselves to play our very best each and every time we take the field," said Shipley.

With the schedule shifting toward conference opponents, the attitude of playing their own game rings throughout the team.

"We try being as competitive as we can every single game. We like winning and we want to win every game so we don't really differentiate between non-conference and conference teams," sophomore pitcher Steven Jurkiewicz said. "We just wanna beat the hell out of any team we play."

In eight games, the Spartans have produced 49 runs and knocked three out of the park. As a team, Castleton is batting .270 and getting on base 38 percent of the time.

Part of the late game success has been thanks to freshman pitcher Scott Michaels who was an ERA of 0.00 in 6.2 innings of relief for the Spartans.

"I love that I can contribute, especially as a freshman," Michaels said. "I love coming in relief. I love the pressure of the screaming fans."

Castleton opened their conference schedule on Tuesday as they traveled to Colby Sawyer College for a double header, looking to continue their winning season.

SARA NOVENSTERN/CASTLETON SPARTAN

Grace Johnson crosses in front of the Beavers' net scoring Castleton's 15th goal of the game, coming in the second half.

Spartans crush beavers 17-4

By Andrew Cremins
Castleton Spartan

The Castleton women's lacrosse team opened up conference play with a dominating 17-4 win over the Maine Farmington Beavers in their One Love game Saturday.

The lady Spartans scored early and often, netting team's first goal roughly seven minutes in and they didn't look back. Castleton stringed together nine straight goals before Maine Farmington could answer with their first.

It was clear which team was better. If Kate Auer wasn't legging the ball down the field past every defender, Emilee Maher was playing lockdown defense similar to a shutdown corner in football.

In a game so lopsided, sometimes it can be difficult playing sound and being sharp with fundamentals, but for the Spartans that was the plan before the game even started.

"We wanted to focus on taking care of the ball, maintain ball possession, and just take our time," said Maher.

When glancing at the score of Saturday's game, one can get caught up in purely the offensive side of things, but the defense can't be overlooked, including goaltender Meghan Els, who recorded nine saves on 17 shots and giving up just four goals.

The Beavers had many offensive rushes and potential scoring chances, but the defense of the Spartans, led by Maher, kept them subdued. Spartan defenders put relentless pressure on the ball handlers giving Maine Farmington little room to pass, make a move, or get settled into any kind of offensive game. The Spartans forced 13 turnovers as a result.

Looking back on a game like this, one Spartan said it's really about the attention to detail and not getting caught up in how many goals they scored.

"I think the main takeaway message for a game like this is mental toughness," senior, Mariah Lesure said. "It's not so much about playing at a high level, it's more about focusing on the little things like passing and catching, controlling the ball, faking to shoot and running through our plays."

Nine different players scored for Castleton, highlighted by a six-goal performance from Brianna Mackay, who was like a shark in bloody water when she had the ball around the Beaver's net.

SARA NOVENSTERN/CASTLETON SPARTAN

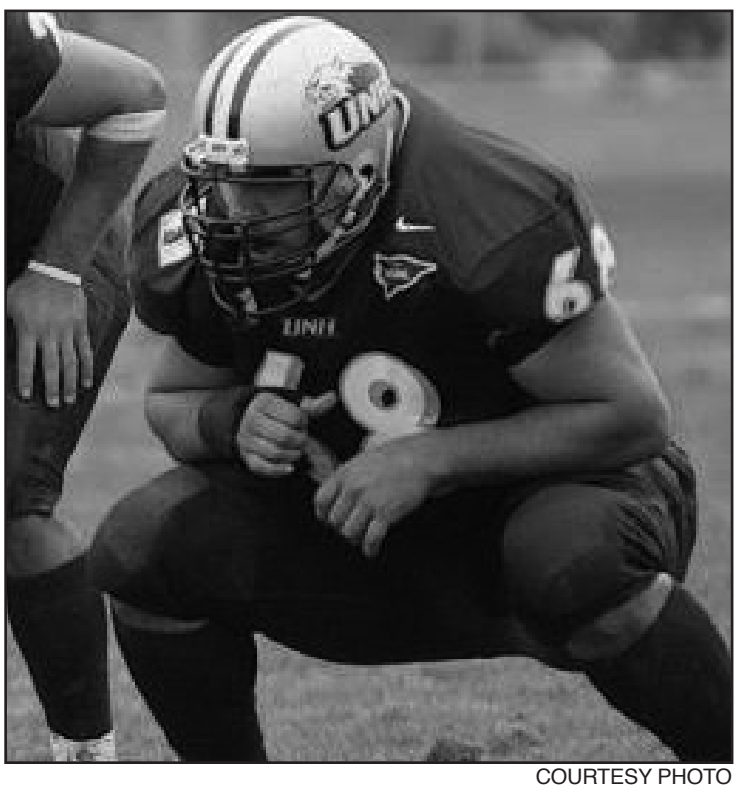
Senior Kate Auer competes against a Maine Farmington player for the ball.

Castleton improves to 2-2 overall and 1-0 in conference play. The Spartans have one more home game and a pair of road games this weekend to round out the month of March.

The team looks to continue its winning ways by adhering to the fundamentals, placing attention to detail, and playing loose and relaxed.

"We need to stay focused on our goals and continue doing the little things in order to achieve those goals, " Lesure said. "But more importantly I think we need to remember to have fun and enjoy ourselves."

Football coaching staff welcomes Peterson



COURTESY PHOTO

Tucker Peterson squats into position during a game while playing for the Unviversity of New Hampshire.

By Jordan Lumsden
Castleton Spartan

It's been over seven years since Tucker Peterson has taken the field in a collegiate football game. Next fall he'll be back on the field, but won't be lacing up the cleats and strapping on a helmet. Instead he'll replace it with a polo shirt and a clipboard, as he becomes the new offensive lineman coach for the Spartans.

Peterson, who played college football at the University of New Hampshire, was a tough and physical force at the guard position. The Green Mountain State was the birthplace of Peterson's excellent career as he played numerous positions on the offensive line for Mill River High school and earned First-team All League Honors all four years.

As impressive as Peterson was on the field, Sean McDonnell, Peterson's head coach at UNH, says he is equally as impressive off the field.

"Football is a big part of his life but the thing that sticks out about him is what a great person he is," McDonnell said. "He was one of those kids that when you coached him and were around him you knew what kind of character he was going to bring to the table the whole time."

Since ending his playing career, Peterson has been coaching high school football. In his most recent stint as head coach of Mill River, he's started to see a different side of the game.

"As a player, your goal is to always take care of your individual job; to do what's best for the team. As a coach, especially as a line coach, you're responsible for taking care of five guys kind of at once," Peterson said. "As a coach you have more control over the game than you did as a player."

Peterson helps to take some pressure away from offensive coordinator Kevin Trigonis who also played the role as offensive line coach last season.

"Well, if they like to work then they're going to love him. Let's put it that way," said McDonnell.

The plan moving forward is to have Peterson work solely with the linemen so that Trigonis can work with other positions in the offensive system, according to Volpone.

Volpone compared his coaching staff of 10 coaches to Castleton's small college classes. He said the more teachers a classroom has, the more one-on-one attention an individual can get, making him a better student or in this case a better player.

Peterson is just what Volpone wants and sees him as a key factor in their success next season.

"Any time you have the ability to add a valuable coach to your staff, you do it and figure out the pieces and the parts later," Volpone said. "We knew he was local, we knew he could coach."

What does Peterson bring to the table besides in-game knowledge?

Peterson understands the local talent and can identify quality players to help recruit to Castleton, according to Volpone.

In terms of next season, the former Wildcat wants to have a "soldier mentality", meaning they will be prepared for all situations.

Volpone and company eagerly await Peterson's arrival next fall.

"We're fortunate to have him. We look forward to working with him. I know the kids are excited and we're anxious to have things underway," said Volpone.

Steve Wolf

The "Wolf" of kicking

By Isaac Devoid
Castleton Spartan

Castleton College's sports teams have many impressive coaches with impressive accomplishments.

But one of the most remarkable coaches has been left under wraps.

Castleton football coach Steve Wolf has built quite the resume and is known throughout the country, though few at Castleton may know it.

Wolf isn't your typical football coach; he is a kicking and punting specialist.

And before coaching, Wolf had a successful career as a kicker and punter.

He started his career at Auburn, where he redshirted and spent one season.

"At Auburn I played amongst a lot of great players such as Bo Jackson. It was an exciting time to be there," he said.

After Auburn, Wolf played out his final years of eligibility at Kentucky Wesleyan University from 1983-1987 where he set numerous records as a kicker and punter.

After his playing career was over, Wolf found himself coaching at Mount Saint Joseph's and Rutland High School.

He then went on to take the job as the special teams coordinator with Castleton College, where he spent about five seasons.

Wolf loved coaching at a competitive level, but had to step down.

"My job at Spartan Arena, and serving as the special teams coordinator was tough to manage," he said.

This didn't stop Wolf from continuing his love of coaching.

In 2004, Wolf received a call from the Middlebury College football coach requesting that he work with their newest kicker.

Wolf didn't realize he would be working with future Super Bowl winner, Steve Hauschka from the Seattle Seahawks.

"The first time I saw him kick, I knew he had something special," Wolf said.

"We continued to work a lot of kicking camps together, and developed a good relationship."

The two have continued the relationship and Wolf still works with the All-Pro kicker.

"When you get to that level of play, it's about 90 percent psychological and 10 percent technique. It's important for Steve to be in a rhythm as the season goes on," he said.

Wolf also works with New York Jets punter Ryan Quigley and many big name universities including the University of Connecticut, University of New Hampshire, Penn State and even North Carolina State.

Wolf continues to work throughout the country, but has also found his way back to Castleton.

This past season, Wolf worked to develop the Spartans kickers and punters.

Head Coach Tony Volpone is excited to have Wolf on staff.

"He brings a level of expertise to our football team, so on game day we're maximizing the efforts of our kickers and punters," he said.

Quarterback George Busharis feels the Spartan offense can become even more explosive as they develop their kickers.

"Games often come down to extra points, so Coach Wolf's knowledge can be the difference in close games," Busharis said.

Moving forward, Volpone feels Wolf will have a dramatic impact on the team.

"His knowledge will pay dividends as we continue to build a championship team," he said.

As for Wolf, he's just excited to be around the sport he loves.

"It's more about the chase than anything else. After being around the game this long, it's fun to see the relationships and contacts I've built," he said.

Spartans bounce back big in "One Love"

By Mike Davis
Castleton Contributor

After losing a tough game to Potsdam at home on Thursday 14-3, the Spartans men's lacrosse team would take the field Saturday at Spartan Stadium for their "One Love Game" against conference opponent Maine Farmington.

The "One Love Game," is a way to express just how important relationship violence is and can be, and the Spartans have teamed up with the Peer Advocates for Change to try and help relay the message and educate young people about just how serious this type of violence can be.

Castleton players were able to not only express how much the event meant to them, but were then able to go out and dominate the Beavers all afternoon and come away with the 23-0 shutout.

Castleton (2-4, 2-2 in conference) immediately would get an offensive spark from senior standout Zach Davidson, who moved into ninth place on the NCAA D-III all time leading scorers list on Saturday with 328 point. Junior Taylor Swarter and Davidson combined for 18 of Castleton's 23 points.

The Spartans outshot the Beavers 73-14 on the afternoon, making it a very tough day for Maine-Farmington, which continued to struggle trying to find the net.

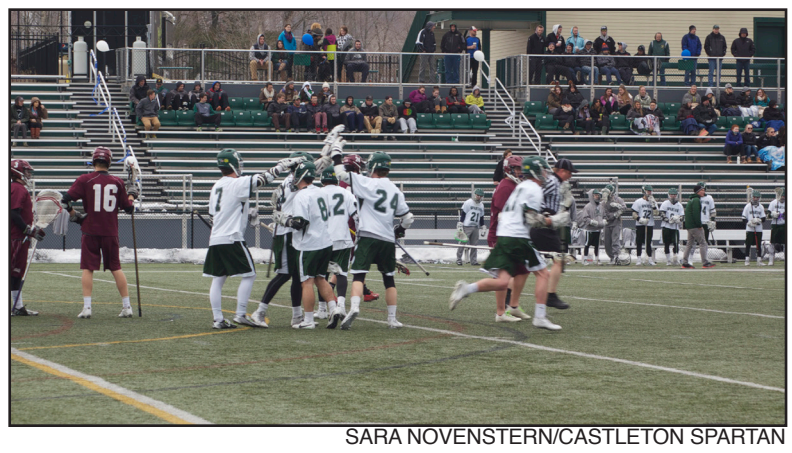
Castleton got great effort from goaltenders, Connor Garand and Eric Horsfield who combined for seven saves in the net, while 11 other Spartan players contributed on the offensive end of the lop-sided shutout.

The Spartans would score six goals in the last 30 minutes of the contest to solidify the victory over the Beavers.

"We just executed our game," Garand said. "We took advantage early and we just rode the momentum throughout the game."

Gerand also shared his thoughts about the fight against violence.

"The "One Love Foundation" is doing a great thing by trying to end relationship violence," Garand said. "I was honored to be able to team up with the women's team in this event. It's something that needs to be taken seriously and it's a great thing to be a part of."



SARA NOVENSTERN/CASTLETON SPARTAN

Spartan players celebrate after one of the 23 goals Saturday.

Castleton Spartans quarterback and first year lacrosse player George Busharis also shared his thoughts about this event and this year's team.

"It was a great effort to support a very important and meaningful cause and I felt honored to be a part of it," Busharis said.

"This year's team is full of so much potential and I'm super excited to see us at our best," Busharis said. "We have so much talent and it is going to be hard to slow us down once we get going. Our goal is to get to the NCAA Tournament and make our mark there and get CSC lax on the map."

Castleton looks to continue to ride the momentum wave and keep their winning ways going when they take on SUNY Canton March 25 in New York.

SARA NOVENSTERN/CASTLETON SPARTAN

Coach Eric Ramey oversees the women's softball team as they warm up in the gym. Ramey recently returned as head coach.

Ramey returns to diamond

By Andrew Cremins
Castleton Spartan

In the bottom of the Spartan Athletic Complex, clinking and clanking sounds echo off the walls in his office from weights being lifted and dropped by athletes.

This is the location where you'll find Eric "Hec" Ramey, who was welcomed back into the Castleton College athletic community last summer for another run as the head softball coach for the Spartans. In addition, he'll be given tasks of administrative duties within the athletic department.

As a Fair Haven native, the connections have always been there for Ramey and he saw this opportunity very timely for he and his family. Balancing life as a husband and father of two children while being athletic director at Fairhaven Union High School is a daunting task in itself.

"As any athletic director, it's an incredibly time consuming position. You really are married to the job and never really off the clock," Ramey said. "I had a great experience at Fair Haven, It was a great time. It's just the timing of it was great for my family."

Other than playing second base for the Red Sox, being the softball coach of the Spartans to him is "pretty special."

In his first stint as the head coach of Castleton women's softball, Ramey totaled a 54-35 record in three years from 2003-2005. The reigns of the program for the past three years have been in the hands of Chris Chapdelaine, who has totaled a 56-53 record. However, Chapdelaine coached 20 more games than Ramey.

Ramey said he doesn't remember all the wins throughout his career as both a player and a coach, but his competitive side forces him to recall a few moments he says still haunt him.

"I do distinctly remember three state championship losses, two as a coach and one as a player." Ramey said smirking, leaning back in his green computer chair. "Those are the ones that still get me fired up."

Players are excited about the knowledge, experience and enthusiasm he brings to the program.

"I think he's the right person for the job…He knows talent, not age is key to winning," said sophomore pitcher/outfielder Veronica Arnone.

With experience usually comes little nuances that makes coaches different from those with less experience.

Ruby Bushey, a junior outfielder for the lady Spartans, said Ramey's practice organization is different than Chapdelaine's. Every segment of Ramey's practice is broken down to the very minute – something she says gives her great confidence Ramey is dedicated and suitable for the position.

"He's the missing piece to the puzzle," Bushey stated without hesitation.

Junior second baseman, Kristi Lawless said Ramey isn't one to yell very often, but will give constructive criticism as needed.

Winning is as important to a coach with 100 career wins as it is to the one with 10. For Ramey, it's no different. However, he's more concerned with what fans don't see between games.

"I try not to talk about winning very much," Ramey said. "We have a process to our practices that we believe will lead to success on the field. We will prepare for as many situations as we can on both sides of the ball."

The Spartans' 2014 season concluded with two consecutive losses to top-ranked Husson University in games 10 and 11 of the NAC Tournament – only one win away from the title.

Castleton entered the playoffs as the second seed and remained there in the end.

In both games, the Spartans held a lead going into the sixth inning, before giving up a two-run, game clinching homer in the seventh inning of game one, followed by a five-run, seventh inning rally by the Eagles in game two.

Pitching is the Spartans' strong suit, according to Ramey and he's equally excited about the fact they're all young, with four sophomores and a freshman.

Wood, the Spartans' ace, will likely set the tone on the mound this season. The talented right-hander pitched 17 games, going 6-6 and earning a team best 2.68 ERA in 73 innings pitched in her freshmen season; topped off with five of Castleton's eight complete games.

In the two final games versus NAC powerhouse Husson, Wood started both, going 12 2/3 total innings pitched and held the Eagles to no more than two runs each game through the first five innings.

Offensively, Ramey is looking to the returning First-Team All NAC selections Jessica Babcock and Brittany Brayman to lead the charge.

Babcock finished 2014 with 39 hits, and 27 RBI's, with a batting average of .379 and a .416 OBP. Meanwhile, Brayman tallied 35 hits, and 22 RBIs, with .372 AVG and .411 OBP.

The Spartan's head coach has a whiteboard in the locker room that he puts a quote or word on that he feels, pertains to the team. Moving forward, Ramey said he's already put up all kinds of words and quotes, but has one in particular he feels is pivotal for the team's success – trust.

Athletes collect winter awards

By Ryan Patch and Miles Cota
Spartan contributors

As the student athletes slowly filled the auditorium, the dull roar of chatter was filled with camaraderie and an informal impatience.

The men were dressed in formal suit and tie, a big change from their respective sports uniforms**.** The women's attire added a lovely professionalism to the event and also contrasted their usual athletic garb.

With the combination of cologne and perfume laced with an undertone of bubblegum and mirth, the students might have you fooled that their attention and curiosity was paid to anything other than the big shiny trophy at the front of the auditorium, and who might be this season's recipient.

Once the room was full with student athletes and coaches, Deanna Tyson, associate dean for Athletics and Recreation, took the podium, and the Castleton College Winter Sports Awards celebration began.

MILES COTA/SPARTAN CONTRIBUTOR

The women's hockey team poses with The President's Cup after the awards ceremony.

After a quick introduction, President David Wolk made his way to the front of the room to heap praise on the coaches and students for an accomplished winter season. Wearing the school's colors, Wolk rattled off a few inside jokes and said this winter season has been one of the best he's ever been a part of.

The ceremony then turned to the Academic Excellence award. Immediately the room went into a quiet competitive frenzy, with each team from each sport overheard hissing "It's ours" followed by the occasionally audible "No way you're going down!"

Tyson rattled off each team's GPA for the season, with only one just barely below 3.0; men's **b**asketball at 2.98. The trophy's winner was the women's hockey team with a GPA of 3.330. Tyson said the GPAs for this winter season were the best she's seen for winter sports.

After the main event, coaches took to the podium to give speeches about their students and colleagues. The coaches were proud, as coaches are. Injuries and defeats were lamented and were said to be used as learning experiences. Seniors were recognized for their four years competing in Castleton athletics and were rewarded with a special Castleton State blanket. Coaches also presented MVP awards to students from each team.

Tim Barrett, coach for the women's basketball team, had reason to praise his team for having played to a 23-5 season.

Team MVP Jade Desroches was credited for helping secure victory in last month's North Atlantic Conference Championship for a second straight year. To add to the women's accolades, there was Meghan O'Sullivan, who along with Desroches, topped over 1,000 points this season and helped the team to advance to the NCAA Tournament for the second consecutive year.

The men's and women's ski teams were also praised for putting little old Castleton on the map in terms of competition. Although Coach Chris Eder said the men's ski team started out slow this season, they ended up placing well in later meets and even matching foreign competitors from Sweden, Croatia and France.

One thing was quite obvious at the ceremony: Castleton State is quickly becoming a force to be reckoned with when it comes to winter sports. While it can't be said that every team had a stellar season, it can certainly be said that every team is working to solidify the pattern of consecutive improvement from season to season. This was not lost on Wolk**.**

"We have some unbelievable coaches. I would put our coaches up against any in the country, I really would**,**" Wolk

Castleton Spartan

CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

Wednesday April 15, 2015 CastletonSpartan.com Castleton, Vermont

Sigma Delta Chi parties with a purpose

By Zach Temple
Spartan Contributor

Fraternities have grown a stereotypical reputation as a group of brothers who throw parties and hang out. People also consider the things one has to do to get into a fraternity irrational.

But at Castleton College, the Sigma Delta Chi brothers are partying to help young kids who have a serious illness.

Now that Flubberbusters in nearby Hampton, N.Y. has closed, the brothers have teamed up with The Local bar in Rutland to host fund-raiser parties.

"We raised $1,200 total at our last party on March 13 and donated half of the proceeds to Make-A-Wish Foundation," said Sigma brother Seth Pletcher.

Sigma Delta Chi is Castleton's lone fraternity. It has 10 brothers and has been around for 30 years - although never recognized by the school. The fund-raisers started when Chip Greeno, owner of the popular Rutland bar, reached out to the brothers and asked them to start throwing parties there. The brothers didn't hesitate and said they and Greeno like the idea of raising money to give back.

Allison Mills, from the Make-A-Wish Foundation in Burlington, was excited when the $600 check arrived on Thursday.

"We are thrilled to receive this $600 donation from Sigma Delta Chi. It is always exciting to see students of all ages giving back to our wish kids. Donations like these make such a difference. Every dollar helps grant wishes to children statewide at a time when they need it most," she wrote in an email response.

Make-A-Wish provides wish experiences for kids battling serious illnesses. Trips range from Disney to Major League baseball games.

"Sigma Delta Chi has been doing fund-raisers for charities for years now, from food drives, raising money for crime stoppers and the Wounded Warrior Project. They also clean up around town after parties," said fraternity President Caleb Rowell.

Greeno asked the brothers of Sigma Delti Chi to throw the party on St. Patrick's Day. They picked this night knowing college kids would show up in force.

The night was eventful, with an open bar for those of age and a jammed dance floor. But the party also included free rides back to campus to assure safety for students.

"The night was a success with our largest party at The Local to date. We reached maximum capacity, and did well for ourselves," Rowell said.

The guys thought this could give the college students a place to party and have a great time in a controlled environment. The newest brother in Sigma Delta Chi, Harry Reed, came up with the idea of donating the money to Make-A-Wish. Whenever a new brother joins Sigma, he has to host a party and name a charity to donate some of the proceeds to. For Reed this was a quick and easy choice.

"I immediately chose The Make-A-Wish Foundation due to the fact that I had done service work with them in the past," Reed said.

Sigma Delta Chi is expecting to be throwing parties monthly next year at The Local, and will be making more donations to worthy charities, leaders said.

Game prepares students for real world

By Daley Crowley
Castleton Spartan

College graduates tend to have very high expectations of how much money they'll make, and very low expectations for how much things cost in the real world. This is a problem Carrie Allen from Heritage Family Credit Union has noticed over and over.

"I work with a lot of students and everyone's expectations are totally out of whack," said Allen, who worked with TRIO and Career Services to plan The Game of Life event at Castleton on March 24.

The 1787 room was overflowing with Castleton students wandering from table to table. Some were looking hopeful and excited, others showed signs of defeat and concern.

As students arrived in the entrance, they were given a choice of nine careers including social worker, elementary teacher and accountant. They were then given a realistic starting salary and a random credit score.

"We tried to make this as realistic as possible," Allen said. "We researched real starting salaries for graduates and factored in loan payments."

Students then traveled from booth to booth, with people at each one informing them of different expenses like electric bills, clothing and transportation costs.

Before sitting down with a financial advisor to total up their income and subtract their expenses, students got a chance at the "Wheel of Reality." As they eagerly spun the large wheel in the middle of the room, they patiently awaited their destiny.

The reality wheel had outcomes from a $500 inheritance to a $200 car repair. When it was all over, if their budget didn't balance, students are told to start the whole process over.

"It's great practice. This exercise gives students a dry run," said Kelly Beckwith from Castleton's Academic Support Center. "Most graduates have never done anything like this."

Castleton students Bryce Kaler and Isaac Devoid were hired to help bring exposure to the event.

HEATHER ROBINSON / CASTLETON SPARTAN

Castleton students particpate in the Game of Life event on March 25.

Continued on Page 6

Controversial kiss

By Callie Ginter
Castleton Spartan

It wasn't the physical abuse in the latest school play, "Spring Awakening," that made some of the audience make audible gasps. It wasn't the mental abuse either, nor the incest, masturbation, suicide or sex scene that caused cringing and verbal discomfort.

It was moment when the song, "The Word of Your Body Reprise 2," began to play, and two male actors, front and center on the stage, kissed – twice.

Sophomore Dalton-Jesse Cummins and senior Eric Monzel were the actors playing the characters Ernst and Hanschen, two young men who are in love. And the reactions they got from some were contentious.

"I hate faggots. I hate faggots, and I'm a homophobe," said one male student who asked to remain anonymous.

There were other negatives comments made too, and whispering, giggles and gasps.

"I think the funniest thing was listening to the crowd's reactions to it," Cummins said.

During the Thursday performance, there was a noticeable shocked reaction from the audience.

"There was a combination of people murmur uncomfortableness … There was one guy, I'm assuming it was a guy because it was a bass voice, in the front, I couldn't see him because I was turned, and I just heard, 'huuurghhhh,'" said Monzel, making a vomiting sound.

Sophomore Jared Ungar admitted to feeling uneasy sometimes when confronted with aspects of homosexuality.

"Homosexuality doesn't make me uncomfortable … sometimes I feel uncomfortable around very flamboyant men, that's all. I don't have anything against two guys holding hands or kissing though," he said.

Cummins and Monzel said they figured there would be mixed reactions from some students, but both said they understood the roles as just acting, nothing else.

"Initially I went, 'oooh,' because I didn't research the show before I auditioned … It's just one of those acting things, sometimes you're going to have to do things that you normally wouldn't do and you just treat it professionally and just make sure you're both comfortable with it," said Monzel.

"I think that if you audition for a show, you shouldn't be ashamed by any role you get because you tried out for this and it's what you want to do. So I think sometimes a part has its sides to it and you just have to live with it," said Cummins.

Continued on Page 6

Photo Contributed by Emily McColl

Students make up Main Street workforce

BARBARA DOYLE / CASTLETON SPARTAN

Samantha Clift poses during a shift at Birdseye Diner.

By Barbara Doyle & Jamie Yeager
Spartan Contributors

The clicking of the door at Birdseye Diner mixed with the enticing smell of food cooking in the kitchen announced the beginning of the Friday night dinner rush on Main Street.

Samantha Clift, a waitress for over a year-and-a-half at the small establishment, awaited regular customers alongside a new employee who was being trained.

"I like working here," she said. "We get a lot of regulars that come in with gossip."

Along with the anticipated talk of the regulars in town, there are the tourists who travel to or through Castleton, bringing new stories to the table.

"Castleton is considered a tourist town between the leaf peepers that come in the fall, the skiers that come in the winter, and in the summer we have a lot of people who stay at Lake Bomoseen. It's always pretty busy," said Clift, explaining some of the social benefits of working off-campus.

Castleton students count on off-campus employment when work study jobs on don't pan out, turning to businesses on Main Street that are close to the college.

Chrispin White, the director of Robert T. Stafford Center for Support and Study of the Community, helps students find on- and off-campus work study jobs for that needed income and experience from the working field.

"I feel it is very important for the college to assist students with obtaining jobs because we want students to be aware that the knowledge and skills they are learning in the classroom easily transfer to the workforce," he said.

He further explained that students working during their college career strengthens their network of references, as well as gains them valuable experience and knowledge before graduation.

Popular off-campus student employment primarily takes place in the brightly colored yellow buildings on Main Street owned by John Rehlen. He said that about a third of his employees are students from the college.

"We work around the student's schedule," he says, "because students come here for college first, working for me second."

He also said he hires students who are qualified, and trains those who may not have worked before other than babysitting.

"Some students are hired when they're freshman and stay all four years, which I like," Rehlen said.

Sarah Schiendler, who has worked at the village store for three years, said that some of the things she likes about working at the store are the flexible hours and financial stability.

"The manager works in the morning, but besides her it's all students who are employed here, and the job is pretty easy to get," she said.

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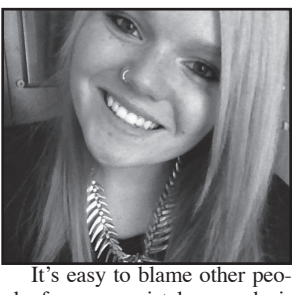
Fresh Perspective



It's easy to blame other people for your mistakes or decisions which make it hard to take responsibility and control over your own life.

Recently I've realized that I am my own worst enemy. I have never been the kind of person who lets others get in the way of my dreams. I am very independent and I try hard to not care what others think.

I know that it's hard for most to let people's comments roll off their shoulder, but that's never been a problem for me. My problem is that I convince myself that something is too hard, or too scary and I talk myself out of doing things that I have always wanted to do.

Ever since I was little I would hold myself back, even from stuff that most kids did. I would refuse to go to sleepovers because I was sure that something would go wrong. I never wanted to go to camps or anything like that because I convinced myself that I wouldn't fit in, or make friends.

It only progressed as I got older too. Before I went to Spain, I would let my mind wander every night before the trip and I would think about not how far I've come, but how much I still need to do. I kept thinking about everything that could possibly go wrong.

I knew I was being ridiculous and once I was there, I would feel better. And I did. But I fought with myself every night with one side saying I need to go, and the other saying I shouldn't.

At least I am aware of this and now I can try to convince myself to get out of my comfort zone such as reading my paper in front of the class or not being afraid to be embarrassed or ask questions.

Yet, I still have a lot of progress to make.

I hope I can put aside my self-criticism and stop thinking so negatively.

I need to start thinking about how much fun I can have doing the things I want, and not everything that can possibly go wrong.

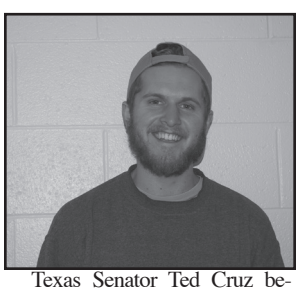
I hope that I am not alone and that other people realize sooner than later, that yes, you may not let others hold you back, but instead, you might just be holding yourself back– and that's no way to live.

I've heard you really become the person you will be for the rest of your life in college. I notice positive changes in myself everyday. This place, and this experience is making me push my limits and become the person I want to be.

I can't wait to see where I am in four years.

-Carly Trombley

Ted's Imagination



Texas Senator Ted Cruz became the first Republican to officially announce his 2016 presidential campaign in front of a packed crowd of 10,000 college students at Liberty University on March 23. While it appeared he had a gigantic crowd of eager young conservatives, the truth of the matter is that those present weren't quite as enthused as it may have seemed. Liberty University students were required to attend the Cruz announcement for their weekly Convocation (similar to Soundings) or forced to pay a fine. The University's handbook outlines some downright insane penalties for various "infractions." Smoking a cigarette - $25. Attending an R rated movie - $50. Practicing witchcraft - $500 and possible expulsion.

Not attending Cruz's rally was only a $10 fine, but participation including clapping and cheering, was also required - meaning an already cash-deprived student could be facing a $20 fine altogether.

Popular phone app YikYak blew up during Cruz's speech, as students let the world know how they really felt. Here are some of our favorites, including a wonderful Marshawn Lynch reference.

"Worst. TedTalk. Ever."

"Announcing here was a genius move on his part. To everyone else it looks like he has an audience of 10,000 young adult supporters. They don't know we have to be here."

"Convo- I'm just here so I won't get fined."

Many students also razzed Cruz for his repeated use of the word "imagine."

"Imagine a speaker… who takes forever… to say anything." In typical college fashion, Cruz's affinity for the word quickly turned into a drinking game amongst the students,

"All right change of plans. I don't think I can drink fast enough to keep up with how many times he's said imagine. I already owe like five shots. I can't catch up."

Besides channeling his inner John Lennon, Cruz persistently proclaimed that if elected there would be no more phone tapping or email tampering. An admirable objective, but wait, there's more.

He then asked for the students to take out their phones and text the word "constitution" to the number 33733. Seems like a nice gimmick, and although Cruz never provided any details on the number, he looked pleased to see the student body abide. Spoiler alert, those phones were already out - apparently Cruz doesn't check his YikYak very often.

But what of Cruz's promises? The ones about respecting privacy, remember? All you have to do is text your personal information to this mysterious number that collects your number for undisclosed purposes and not ask questions!

It's acts like this that have the Democratic Party almost, if not more excited than the Republicans over Ted Cruz's presidential run. Many Democrats are ecstatic with impending train wreck of a failure that is Cruz's campaign.

According to political news site The Hill, Democrats want "nothing more than for him to run strongly throughout the primary season. The more momentum he develops, they argue, the more likely he is to push the eventual GOP nominee further to the right than that person will want to go."

Nonetheless, there are still some who remain wary.

"I recall the legend of folks in the Carter White House saying they wanted to run against Ronald Reagan… So I approach the GOP field with a degree of humility," said Paul Begala, a strategist for President Clinton's 1992 presidential campaign.

So while there is the slight chance that Americans will prove to be as stupid, on the whole, as the rest of the world considers us to be, Ted Cruz is truly the Sarah Palin of this election – too crazy to be taken seriously, too dangerous to completely ignore, and too pretentious to realize that his campaign is simply an audition for a position on Fox News in 2017.

-Alden Bissen

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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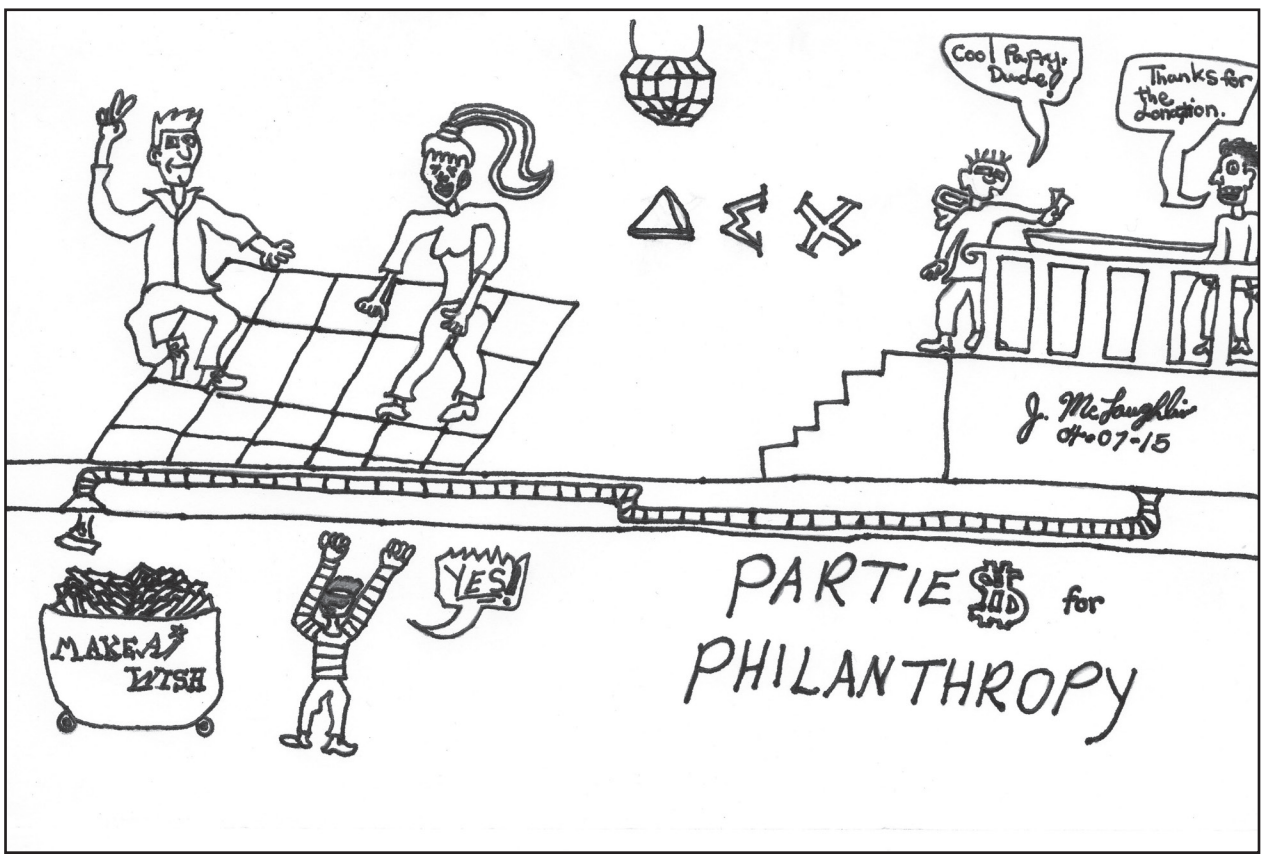

The best choice for me

Catherine Twing explains why Castleton was the perfect choice for her

People ask me all the time why I came to Castleton. I'm from out-of- state and was at the top of my graduating class. For some people who grew up in Vermont, wanting to come to Castleton is insane, but I knew before I even left the open house in 2012 that this was where I wanted to be.

Until now, I never had the words to answer the question "why?" I'd just say "because of money," or "I like Vermont," which are true, but don't tell the whole story. Over break, I found my answer to the question "why?"

I decided spur-of-the-moment on Monday of break to visit my best friend Devorah at Ithaca College. With my GPS set, I made the five-hour drive to Ithaca, N.Y.: a place I knew nothing about besides a little of its geology thanks to the "Ithaca is Gorges" sticker in Jeffords.

First of all, Ithaca College is significantly bigger than Castleton. Their freshmen live in what they call "the towers," which are 14-story buildings. That's taller than any building in Vermont (the tallest building in the state is 11 stories). They even have an underground tunnel connecting one side of campus to the other. If that isn't enough, they have an entire school of communication, complete with a television studio, which produces nightly programs, and a school paper boasting over 10 paid editors.

While I could easily look at all this and degrade Castleton, oddly, these things made me love our small campus even more.

The main reason I love Castleton is cliché: it's small. At Ithaca, you barely see people outside of your major. Devorah is a television-radio major with a concentration in audio at the Park School of Communication. She hardly ever leaves Park and most of her friends are of the same major.

At Castleton, you have classes with people from so many different majors. I probably know someone in every department here – something I wouldn't be able to say at a bigger school. Knowing a geology major, a music major and an exercise science major does not only spark interesting conversations, it's also useful.

From what I saw and heard in Ithaca, I don't think I would feel like part of the community there. You are a matriculated student, but it's not your school. At Castleton, you get to know your professors on a first name basis, and have the chance to be involved in clubs, sports and academic departments as much or as little as you want. As a sophomore, I got to interview President Wolk. At some schools you wouldn't be able to do that until your senior year, if ever, and for some people, just seeing the college's president out and about is a rare occasion.

Finally, Castleton gives you a great value for the price you pay and the classes are of the same quality. I went to the College Media Association convention in New York City last month and did not feel disadvantaged at all. There were even times I felt more prepared than students from big schools. In Ithaca, I sat in on a film music class. I took an almost identical course with professor Kafer last semester and what I learned was exactly the same. In fact, professor Kafer's class was smaller, more interactive, and I pay a quarter of what those students do.

Our professors are incredibly accomplished, knowledgeable in their subject areas, and willing to help their students succeed. They aren't doing it for the money or renown like professors might at other places, they're doing it because they're passionate and want to share what they know. If you say Castleton doesn't teach you, then maybe you aren't putting in the effort to learn.

Castleton might not be the biggest school, it might not be number one on every list, but it's my school. People ask me why I come here, but I honestly can't imagine going anywhere else. You get a personalized education on a beautiful campus for a reasonable price. I thought my spring break would be boring, but it was great because I was reminded that you don't have to go to America's "best" college, you have to go to the college that is best for you.

-Catherine Twing

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Senior class prepares for the big day

By Kaylee Pratt
Castleton Spartan

Caps and gowns are hung up in the seniors' closets just waiting to be worn on one of the most monumental milestone days of their lives.

Leading up to that day involves so much excitement and commotion it's hard to imagine how fast time has flown by in just four years. They picture their very first year as a freshman, walking around campus wondering how they will get through these years and now they've made so many memories and friendships it will be hard to leave them behind.

Making the best of the time left is the goal that Castleton's senior class officers have been working hard at.

"We want this to be a fun week that seniors can get together and have one last hoorah," senior class President Cassie Pinaire said.

She added she hopes everyone takes these final days as an opportunity to become better acquainted with classmates and really get to know everyone they are going to be walking across the stage with on the "big day."

> "We want this to be a fun week that seniors can get together and have one last hoorah."
> -Cassie Pinaire

So far, the four class officers have planned out a variety of activities for a senior week, starting on April 20.

Events include a campfire with music, human hungry hungry hippo and possibly of an open mic-pub night, but plans for that have not been finalized. During that week there will also be a candle lighting ceremony on Thursday, April 23, and those who attend the ceremony will receive a surprise gift.

Everyone will travel to Fishtail Tavern right after the ceremony and gifts are handed out. The Campus Activities Board will then take the reigns and finish out the week's events with karaoke and other fun activities to enjoy.

Pinaire and class Treasurer Jess Galatioto said they are very excited about senior week and they can't wait to see all their hard work and planning fall into place.

"I'm nervous because I want this to be fun for people and for everyone to enjoy the time they have left at Castleton," Pinaire said.

Galatioto was thinking the same thing.

"We do all this planning and I really hope that others think it will be great too," she said.

Where do those books come from?

By Kalissa Haff
Spartan Contributor

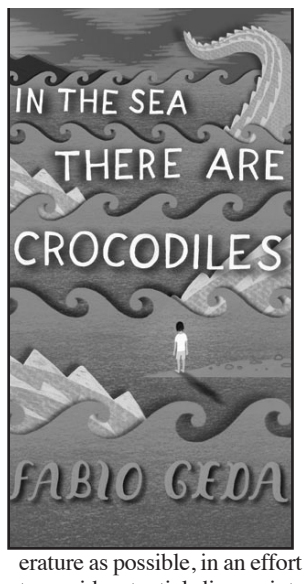
Each year, a summer reading assignment is dropped into the laps of all incoming Castleton freshman. Its time in the spotlight may be fleeting, but this piece of literature introduces most first-year students to their entire college career. Surprisingly, something that isn't often discussed is where the mysterious yearly paperbacks come from. How are they chosen, and by who?

Novels like "In the Neighborhood" are not, in fact, beamed down from the gods of literature into the hands of FYS instructors. In truth, a large part of the decision-making process is left up to the students themselves. Unbeknownst to most on campus, there is a place where the summer reading cycle never truly dies - in the heart of our very own Book Committee.

Avid readers make up each year's new group that consists of faculty, staff and undergrads, and is typically headed by an associate academic dean. In past years, the group was led by the energetic Dean Yasmine Ziesler, who also kick-started the 2014 committee. However, due to her departure, the torch was passed to Dean Ingrid Johnston-Robledo.

The rest of the group is usually a mix of returning members and new faces. Professors Andrew Alexander, Patricia van der Spuy and Monica McEnerny made up this year's faculty, while librarian Charlotte Gerstein and Area Coordinator Shaun Williams represented Castleton's staff. Participating students of 2014 were Taylor LeFevre, Marissa Langley, Cassie Papandrea and Hillary Hogle.

So, how is a single book chosen for the entire college?



The committee has a formula for whittling selections down, but the process is more intense than one might think. Each committee member is asked to suggest a handful of books with budding potential. From there, a master list is created, which is then narrowed to five or six books (although this year there was an extra step: the group picked their top 20 works and each took a couple to read beforehand, to weed out any lemons).

Last spring, a point was made to test-drive as much literature as possible, in an effort to avoid potential disappointments and guide the selection process. After a few meetings and email exchanges, the group settled on six books to read during the summer season: "In the Sea There are Crocodiles" by Fabio Geda, "Little Bee" by Chris Cleave, "Wild" by Cheryl Strayed, "All Our Names" by Dinaw Mengestu, "Icy Sparks" by Gwyn Hyman Rubio, and "Claire of the Sea Light" by Edwidge Danticat.

With so many great books out there, you'd think picking one would be a cakewalk, but finding a winner that has it all can be challenging; it takes compromise. The bar is set pretty high, and it can be difficult to find a work of literature that resonates with readers, carries a strong message, is written at a college level, is relatively short, and is relatable to the lives of students and to their endeavors in the academic world. It also has to be something that incoming students want to read. If they don't pick up the book, then the rest of the points are moot.

But this year's committee had little difficulty locking in a top contender. "In the Sea There are Crocodiles" best met the criteria and was named the final choice after a green light from the FYS Committee. The novel is based on the true story of Enaiatollah Akbari, a resourceful, resilient and lucky 10-year-old boy who fled Afghanistan to escape the Taliban. Alone, he traveled for five years across the borders and mountains of Pakistan, Iran, Turkey and Greece before finding political asylum in Italy at the age of 15.

"Getting a different perspective from someone in the Middle East would be great to talk about, especially with all that's going on over there," said returning member Cassie Papandrea.

Gerstein, one of Castleton's librarians, agrees.

"It's a compelling story that takes you on a journey through several countries in Asia and Europe, so our students' horizons will be broadened before they even arrive on campus," she said.

The hope is that elements of this story will spill into each FYS group and that students will connect with Enaiatollah as they begin their own life-changing college journey.

The committee aims to broaden horizons and spark discussions. Professors get to know their students for the first time through their summer assignments, and freshmen are brought together by shared reading material. These paperbacks put critical thinking skills to the test, and introduce individuals to an intellectual community where they can continue to grow.

Although students are usually chosen for the committee from the pool of student orientation staff, all are welcome to suggest a book or ask to join.

COLIN PROCTOR / SPARTAN CONTRIBUTOR

Spartan reporter Jorah McKinley talks with Sky Barsch as Communication Department Chair Bob Gershon passes in the background.

Alum shares success

Associate Publisher of *Vermont Life* gives advice to current students

By Jorah McKinley
Castleton Spartan

Sky Barsch first came to Castleton with no idea where her education would lead her, but since graduating in 2002, the Castleton alumnus has become a successful editorial and publishing professional, and is currently the associate publisher for *Vermont Life Magazine*.

Barsch returned to her alma mater on April 6 to share her post-Castleton story with current Communication students.

"This is the first time I've heard an alum in my prospective field talk, and it's kind of neat to see what you can do with the degree," said Catherine Twing, a sophomore journalism student.

Barsch detailed the steps she took that landed her where she is today, from working at Friendly's in Rutland, to freelancing, to successfully buying and selling her own publication, and finally to the position she holds today at *Vermont Life*.

Journalism professor David Blow had Barsch in an editing class and remembers her as a free-spirited, intelligent student who was always willing to participate and learn.

Blow said the opportunity for current students to talk to a successful alumnus is "invaluable."

"It's one thing for me to say it, but for a student to come back who has done it and really risen, I think it's so much more meaningful," Blow said.

And risen she has. When asked, Barsch said she feels her biggest accomplishment was buying and selling *Vermont Sports Magazine*.

"In the beginning, there would always be these problems, and I would just keep thinking I was failing," Barsch said. "And then all of a sudden I realized when you own a business that's your job, to deal with the problems.

Barsch said that shift in thinking came about six months after she bought *Vermont Sports* and once she realized that, things were much easier.

Chair of the communication department Bob Gershon asked Barsch what she had to do in order to buy a magazine.

Barsch chuckled and joked, "Drink a lot of wine and press send."

This struck a chord with Twing.

"That showed me that a lot of people who seem really confident also have doubts," Twing said.

In reality, Barsch took out a loan and didn't sleep for three months.

"I was so nervous … people's livelihoods were in my hands. I had to make the business work," she said.

> "People's livelihoods were in my hands. I had to make the business work."
> -Sky Barsch

She did make it work, and eventually sold the publication and began working with *Vermont Life*.

Barsch attributed much of her success to her education and her professors at Castleton.

After entering the work force, she realized that she had an advantage over many of her colleagues due to the diverse skill set she developed while in the Communication program at Castleton.

"Castleton helps you with your sense of self, because you can really figure out who you are," she said.

Blow hopes that students are able to learn from the passion that she shows for her work.

"Students can feed off that. That's what it takes to keep climbing," Blow said.

Students: Library hours need expanding

BROCK POLLARD / SPARTAN CONTRIBUTOR

Colby Fieldman sits in the Calvin Collidge Library trying to finish homework.

By Bryce Kaler and Brock Pollard
Spartan Contributors

Bustling bodies and rustling papers are a welcome consistency in Calvin Coolidge library at 8 a.m. Hurried expressions painted on faces can be seen melting into relief as the printer spits out completed homework for morning classes.

The library is a necessity for the success of most students to cope with the rigors of a college education. Students rely on the library to be a place that is relaxing, and quiet.

But is Calvin Coolidge Library open enough to enable students to efficiently complete their work?

Some students don't think so.

"Just last week I was kicked out of the library in the middle of completing a paper at 11:30 p.m.," said sophomore Cody Driscoll, his words caked with irritation.

Calvin Coolidge Library is currently open 8 a.m. to 11:30 p.m. Monday through Thursday; 8 a.m. to 5 p.m. Friday; 10 a.m. to 6 p.m. Saturday and 1-11:30 p.m. Sunday.

Library Director Sandy Duling said the hours are dictated largely by the financial cost of operation.

"It would be nice to please everyone, but the economic reality is that it isn't a wise use of finances to do more hours," said Duling, who has worked at Castleton since the late 1980's.

Some students had specific days they believe should have increased hours.

"I'd like to see the library open earlier on Sundays," said sophomore business major Isaac Devoid. "With the library opening at 1 p.m. on Sundays, it makes hours a little inconvenient. Sometimes I'd like to get some studying or homework done before 1 o'clock on a Sunday, ya know?"

Driscoll took issue with weekend hours in general.

"In my opinion, there is no reason the library should close at 5 p.m. on Fridays and 6 p.m. on Saturdays," he continued, "If I were trying to balance a job with studies, it would be very difficult to work with the current hours."

Exercise Science major Jessica Phillips said her issue comes from the library opening its doors at the same time as the day's classes begin. "I often have 8 a.m. classes and need to go to the library and print things off and I can't due to the current hours," she said.

Corey Miner, a library student staff member, said she would talk with staff members to see if there was anything they could do to increase hours.

A main question with opening the library earlier or closing later remains whether people would utilize those hours to make the change worth it.

Phillips assures that she would use the library before 8 a.m. if it was open, while Driscoll says that he'd like to see the library open from 7 a.m. until midnight every day.

Amir Pasic, a senior transfer to Castleton, said that the libraries at his two previous schools, Central Arkansas and University of Connecticut, stayed open far later than Castleton.

"I would not say I am upset with the hours, but I do think that 11:30 is a bit early for a library to close," he said.

When asked what she would say to a student who is unhappy and inconvenienced with the current hours, Duling says there are ways to work around the issue.

"Nowadays, people can get a lot of information 24/7 online from the library databases with just a username and password, so library hours are less of an issue now than they have been in the past," she says.

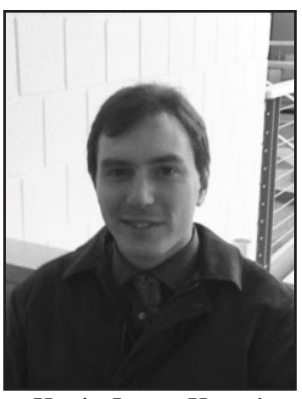
A minute with Michael

Michael Sabataso

Question:What was your favorite April Fools' Day joke?

Shaun Williams

"One time I had students here put cotton balls onto my windows. And they drew a scene on the back of my windows with snowman and snow, and they froze the cotton balls to my windows."



Kevin James Kareckas

"I actually did ask someone if their refrigerator is running. They thought I was joking, but I wasn't, because there was a problem with one of the circuits somewhere. So, my favorite joke is when people think I'm asking an April Fools' Day joke but I'm really not, I'm just being me."

Greg Besso

"I think the best one I ever played on my parents was when I told them I had detention when I really didn't."

Nicole Adams

"My favorite April Fools' Day joke would have to be leaving a used tea bag on the floor of Joe Zeitler's office."

Bredon Kennedy

"My favorite April Fools' Day joke would be one year I switched out all of the frosting in Oreos with tooth paste for my family."

Dominique Valancius

"Probably faking an injury on my coach."

Molinari adjusts to quieter campus

By Lacy Parameter & Devin Clark
Spartan Contributors

As you go up the stairs in the Office of Public Safety and turn the corner, you are welcomed by an old rickety room with white drab walls, a New York Yankees doormat, and a sign above the window that says, "Bad Cop, No Donut."

Keith Molinari sat behind his desk, covered with Disney characters and a snow globe featuring a photograph of his daughter, Ava. On April 7, 2014 Molinari left his job at SUNY Sullivan in Loch Sheldrake, N.Y.to step into a bigger pair of shoes as the director of Public Safety at Castleton.

"I still haven't quite settled in as you can see … some days it feels like I've been here for three years and other days it feels like I just walked through the door," Molinari said regarding the appearance of his slightly disheveled office.

Molinari said his first year here has been great, but he said he has had to face some difficult changes. The demographic was one of the biggest things that Molinari had to adjust to. As Assistant Director of Public Safety at SUNY Sullivan, he had the night shift and could come across problems ranging from boyfriend issues to common room stabbings and off-campus shootings, which occurred on his first day at the New York College. At Castleton, he has encountered less weighty problems, like a dorm couch being transferred across campus without being seen.

One early goal, Molinari said, was to address the issues of students and faculty parking around the loop, which prevented emergency vehicles from accessing the dorms and other facilities. Although this was not to the liking of numerous Castleton students, Molinari said that consistency is key and now a year later, the cars are gone.

To land the position of director of Public Safety, Molinari had to undergo a rigorous 10-hour interview with various college affiliates including Dean of Student Life Dennis Proulx.

"Ultimately his experience from SUNY Sullivan, the fact that he had successfully contributed to the success of a college-based department and could bring some new ideas to Castleton, may have been the tipping point for his hire," said Proulx.

When he joined the force at Castleton, the relationship with the community was bruised and there were numerous aspects of the college that could be improved.

Castleton Chief of Police Peter Mantello said he has developed a strong working relationship with Molinari by focusing and communicating about students, events or any criminal activity that occurs on campus.

"Keith has become a good bridge for building relationships between the community and school. We have dialoged between public safety of the town and public safety of the college. The relationships we have formed with students have helped make improvements," Mantello said.

Although Jess Cameron, a junior and work study Public Safety dispatcher at Castleton, did not work under the previous director, she has had a positive introduction to the office.

"The first year has gone really well working with Keith. I think he has done great things here with Public Safety and I know that he doesn't delegate tasks specifically to me, but if I am in a bad mood he definitely goes out of his way to ask what is going on and be supportive. All around great guy," Cameron said.

LACY PARAMETER / SPARTAN CONTRIBUTOR

Castleton Public Safety Director Keith Molinari poses in his office.

Kayla Wood, a sophomore and fellow dispatcher, agrees with Cameron stating that Molinari always takes time to ask how her day is going.

"He's a pretty cool guy," said Wood.

Although fall semester was off to a rough start because of disrespectful student behavior on the weekend, Molinari believes the college has bounced back and is hopeful for the future improvements overall.

Molinari plans to meet with every incoming freshman for the 2015 fall semester by taking their ID pictures at registration weekend. This will give him the opportunity to put a name to the face, tell them the expectations, and discuss how important the community relationship is to the college.

"Year two is when the campus will see the depth of Keith's talent, as he champions new systems and leads his team," said Proulx.

Could Castleton add culinary arts?

PHOTO CONTRIBUTED BY BRI BARKER / STAFFORD TECHNICAL CENTER

Hunter Jakob, background, and Isabelle Hardina, foreground, compete during the NECI Culinary Classic last fall. Three Stafford culinary students attended and placed third.

By Dominic Heller
Spartan Contributor

Every summer, Castleton College President Dave Wolk meets with the admissions team looking for ways to increase enrollment. Although not the most common request the team hears on the road, adding a culinary arts program at Castleton comes up quite frequently, according to Dean of Admissions Maurice Ouimet.

A culinary program isn't currently in the works, but it is an idea that has been tossed around recently.

"We are always open to new program ideas," Ouimet said. "President Wolk always wants to know what are students asking for?"

Currently, no Vermont State College offers a culinary arts program although Community College of Vermont offers cooking courses and the New England Culinary Institute is located in Montpelier. Ouimet and his admissions teams currently advise prospective culinary students to look towards NECI if they are interested in culinary arts.

NECI students run and work at a bakery-café in Montpelier to gain real world experience and to help pay the costs of the program. Castleton senior Nate Koenemann, a Montpelier native, believes that there are opportunities for a culinary program here.

"Castleton could integrate itself within the community through catering or a small restaurant," he said.

Greg Lynch is the director of Culinary Arts at Stafford Technical Center in Rutland.

Stafford Technical students participate in many real world applications of their skills, Lynch said.

"The Dollhouse is a byproduct of our program, so yes I do think it's successful and an important part of our instruction as well as the Bakeshop. We sell our food products to students, faculty and staff. Also we run a catering business, on and off premise, and finally a Friday night take-out business. All of these businesses are student-run and imperative to our program instruction," Lynch said.

Some students feel a culinary program could better help prepare students for living on their own by offering basic culinary instructions and providing basic skills. Senior Psychology major Mariah Lesure says that she would be very interested in taking culinary classes.

"We already have a broad range of majors and adding a culinary program could be helpful to the number of students enrolled," Lesure said.

Sophomore Seth Wilmott doesn't believe a culinary program would increase enrollment significantly, but he thinks it would be another thing for prospective students to consider.

Students theorized that a culinary program at Castleton could also succeed in improving the quality of the Dining Hall and said Huden chefs could also improve their skills by taking courses at the college.

Jamie Chernesky is a culinary student at Newbury College, outside of Boston. She believes that a culinary education is a fun, engaging major and that she "feels well equipped to get a job right out of school." Chernesky obtained a head pastry chef position during her second year of school.

Adding a culinary program at Castleton could boost enrollment as well increase the college's community engagement.

"I do think students from our program would attend a Culinary program at Castleton," Lynch said. "It would be a big benefit for those students who do not want to travel far for their culinary degree."

Getting geared up for Spring Weekend

By Daley Crowley
Castleton Spartan

Pool parties, free food, root beer floats and paint splattered dance floors are only a few of the attractions students have to look forward to on campus this spring.

"I'm wicked excited for this year's events," said Vice President of Campus Activities David Ievoli.

On April 17, Castleton's Campus Activity Board will be hosting a band from California called Bright Side. They will be preforming on the Pavilion from 7-10 p.m.

"It's hard to book big-name artists because of our budget," said Ievoli. "But these guys are great. They're like chill hippy dudes. I think everyone will really enjoy their music."

A day later will be Residence Life's annual Block Party, which will include free food, a photo booth, huge inflatable slides, tie dying, cotton candy and much more.

"When I think of a block party I think of a lot of options thrown together at one event," said Director of Residence Life Michael Robilotto. "We want students to have choices between different food, drinks, games, giveaways, and activities."

Student Life Area Coordinator Kevin Kareckas has helped plan the block party.

"The campus is going to be totally transformed into a block party for the afternoon of April 18," said Kareckas. "We think this will be a fun way to celebrate spring and have students get ready to transition into summer."

A new attraction Residence Life is excited to have on campus is the Solar Bus, which is an old school bus powered by solar panels. There will be live music being played by Castleton students during the Block Party.

"Castleton is committed to sustainable practices," said Kareckas. "This bus is not only awesome, but it's also an educational opportunity to show students that you can run a concert off of the sun, which is pretty cool."

Residence Life will be teaming up with Huden and Sodexo to provide authentic BBQ meals for students during the Block Party. The meals will be a "swipe" for those with a meal plan. They also kept commuters in mind and are providing students without meals plans free food as well.

"We want these types of events to get bigger and better," said Robilotto. "Our goal is to have students give us their input and tell us what they want to see – and we'll make it happen."

On Sunday, April 19, CAB is hosting a pool party from 4-8 p.m. It will feature a Tiki bar with smoothies, a live DJ and inflatables floating around the pool.

"This should be awesome," said Ievoli. "We've never done something like this, I hope students show up and have fun."

Like other Tuesdays this semester, an open mic night will follow on April 21 with the possibility of a pub night hosted by the senior class – all in the Campus Center.

"Our open mic nights have been really great," said Ievoli. "We've had up to 40 or 50 people at some of them!"

Extreme Bingo will be held in the Campus Center on the April 23 from 8-10 p.m.

"Bingo has also been really successful in the past," said Ievoli. "Everyone loves bingo, and free prizes of course."

On April 25, CAB is excited to introduce students to Bongo Ball, Bubble Soccer, and Extreme Dodge ball from noon to 6 p.m.

"Bubble soccer is when you literally get into a bubble and play soccer," explained Ievoli. "I'm really excited for that."

These events will be held either in Glenbrook Gym or outdoors, depending on the weather.

After a day of Bongo Ball and Dodge ball, students are invited to a Paint Party that night starting at 10 p.m. The Shape Gym will be transformed into a dance floor with a DJ throwing water-based paint at the audience.

"This spring is going to be a lot of fun," said Robilotto. "I think students will have a great time."

Action Bronson introduces debut album 'Mr. Wonderful'

By Alden Bisson
Castleton Spartan

If you're the type of person who enjoys G-Eazy, Ryan Wadsworth and plays Don't Tell Em, by Jeremih every Friday night, let me save you some time - stop reading this. For those with an actual ear for music and appreciation for real hip-hop, please continue.

New York City wordsmith and self-proclaimed "hunk of beef," Action Bronson, just dropped his major-label debut album, Mr. Wonderful, on March 23 much to the delight of hip-hop heads everywhere.

The impossible-to-miss, 300-plus-poud Bronson continues to elevate his game with tight, referential bars throughout the standout album, earning him high praise from the hip-hop community.

While some believe Bronson couldn't compete with bigger names, Mr. Wonderful easily blows away the competition with its unique and idiosyncratic flows. More recognizable names such as Kendrick Lamar and Earl Sweatshirt both dropped albums within a week of Bronsons, leading to speculation that Mr. Wonderful would slip through

the cracks.

Earl Sweatshirt's I Don't Like Shit, I Don't Go Outside, project was a success, but Earls abnormal rhymes are more of an acquired taste. Although the Odd Future standout has matured since his days of spitting lines like "Jacking off to buffering vids of Asher Roth eating apple sauce," he still produces plenty of cringe worthy bars that will leave you speechless. Not to throw shade on Earl, who has already garnered comparisons to the legendary Nas, but his style isn't tailored to everyone's taste.

Kendrick Lamar's To Pimp a Butterfly, could and should be the cream of the crop. After all, Lamar easily has the most accolades out of the three and some have dubbed him the new king of hip-hop. However, To Pimp a Butterfly was an overwhelming disappointment. Lamar's poor rhyme scheme and an oddly confusing array of beats left fans wondering what happened? Perhaps the bar was set too high after an absolute classic in good kid, m.A.A.d city.

Lamar had managed to keep his name among those on the cusp of being great for the past few years with hit after hit, but his biggest mistake was an unusual switch in style.

Nevertheless, Lamar's loss is Bronson's gain. With hip-hop heads searching for answers, they may have found one in Mr. Wonderful. With plenty of comparisons to Ghostface Killah and Kool G Rap to boot, Bronson delivers distinctive flows, followed by head-bobbing beats to put the album among the best of the young year.

On the track "Terry", he sounds like he's rapping from the corner table of a smoky social club. Horns sit in the background while Bronson assures us that no indulgence is rich enough to satisfy him, no female fatale enough to hold him down. "I'll marry a ho," he claims, "only if the bitch looks Mary Monroe." Wonderful.

Feeling the art in Black Box

CHRTISIN MARTIN/CASTLETON SPARTAN

Castleton Collaborative Art students perform in Black Box Theater on March 25.

Bringing Cuba to Castleton

By Catherine Twing
Castleton Spartan

The seven-piece Cuban band played traditional tunes as the dancers floated across the floor and invited the students, faculty and community members to join them.

Some attendants of Castleton's Cuban Pub Night held beers while others sat at tables, nodding along to the music, painfully aware of the "underage" bracelets on their wrists.

The fun event was put-on by SGA, CAB, the Spanish Club and the Teaching and Scholarship Committee to raise money for the 34 people going on the Cuban Immersion: History, Culture and Music trip to Havana, May 11-18.

The Cuban band De Lomas y Sones, which translates to "Of Hills and Songs," added to the atmosphere, bringing a little bit of Cuba to Vermont.

"The band is fantastic," said Chris Manjuck, a sophomore going on the trip in May. "I hope it's even better in Cuba."

Sophomore Bekah Jensen, another student headed to Cuba, agrees that this is a good introduction to their upcoming international experience.

"I think it's a good kick-off to get excited and to get the community involved," Jensen said. "It's a glimpse of what Cuba's really like."

Besides the bar and traditional Cuban food, another fun aspect of the evening was the pair of professional dancers who offered a salsa class before the real party began.

The couple spun around the dance floor, and even invited a few students who had attended the class to join them before the rest of the audience was encouraged to dance along.

Manjuck danced with the female dancer and had a fantastic time.

"She's pretty, she can dance well and I even made eye contact!" Manjuck said.

It was a fun night for students not going on the trip as well.

Junior Peter Kazakis liked the pub-night experience and how you could walk over to the campus center to get a beer for 3 or 4 bucks. He enjoyed seeing some of his favorite professors up on the dance floor.

SARA NOVENSTERN/CASTLETON SPARTAN

CAB and SGA hold Cuban Pub Night in the 1787 room on March 26.

"It was definitely a fun and safe way to have a drink, a dance and a laugh with friends and professors," Kazakis said.

The entertaining night even made some students envious of those going on the trip.

"It was fun. I'm really excited for all the students that are getting the chance to go to Cuba," said Junior Mariah O'Hara. "I wanna go!"

Tattooist hopes to open shop in Castleton

JIMMY BRITT / CASTLETON SPARTAN

Tattooist Anthony Patorti designs a sleeve tattoo at his shop in Whitehall, N.Y. called Electric Tatour.

By Jimmy Britt
Castleton Spartan

Walking into Electric Tattour, you're met by the music of Underoath, the smell of a sanitized work place, sample art on an old brick wall and Metallica action figures hanging on the opposite brick wall still in their boxes.

Then there is the owner, Anthony Patorti, preparing his equipment and inks to finish a sleeve tattoo. Patorti has been a traditional-style tattooist for three years and has tattooed over 100 people in the past year alone. His shop is in Whitehall, N.Y., but Whitehall wasn't his first choice.

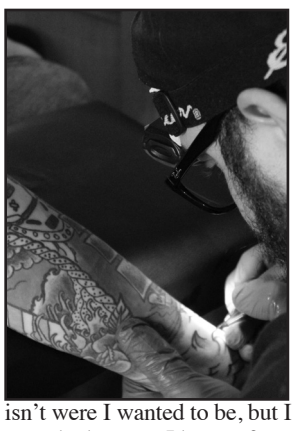
Patorti wanted to open up shop in Castleton where he lives, but two things were holding him back: Vermont health regulations and bad blood. In the state of Vermont you need to work as tattooist or apprentice for three years prior to applying for a license. He originally worked as an apprentice at Body & Soul in New Jersey for three years, but a falling out with ownership left him without their needed endorsement.

They refused to validate his apprenticeship, he says, out of spite. But this setback hasn't discouraged him one bit.

"I have to tattoo in New York for three years now. New York has no criteria to be a tattoo artist," explained Patorti as he worked on the sleeve. "The way for me to get a license now is to work three years and pay taxes to be a legal business and to have proof I've been tattooing legally."

So, although he wanted to have a shop in Castleton, because of New York's loose regulations, he set up shop April 1 in Whitehall to get his documented experience. But after three years he wants to be in Castleton. He said to be able to keep tattooing and earning money, he had to move.

"It's illegal to tattoo anyone in Vermont without a license and you can get a $2,000 fine," Patorti continued. "New York



isn't were I wanted to be, but I gotta be because I have a family (to support)."

Patorti said he hopes to open a shop in Castleton and keep the Whitehall shop too, splitting the work from both shops. He hopes that if he has a shop in Castleton, he'll be tattooing every day, like tattoo artists in other college towns in America and Vermont.

"It's like a little city during the school year and makes it a prime location and college tattoo shops make a killing," said Patorti, who currently does all his tattoo work by appointment and has been working primarily on people he knows.

Movie Review: *It Follows*

By Stephen Andolfo
Spartan Contributor

It Follows toys with horror film conventions with a fresh-take on a story about a sinister presence that follows a victim. *It Follows* aims and succeeds in its quest to be the alternative to the normal deluge of widely released horror films, presenting a fresh take on a timely subject. The teen protagonists in *It Follows* are plagued by a chain mail-like curse, passing from one person to another through sexual intercourse. Once Jay (Maika Monroe) contracts the supernatural STD, it is only a matter of time before "IT" begins to follow her. She has the option to pass on the curse, but can only do so through sex, and even then, once "IT" catches up to that poor soul, Jay will still be next to follow. Like an STD, once you have "IT" there really is no escape.

The opening scene of *It Follows* thrusts the viewer into invisible terror. An unknown girl is screaming and running from something neither we (the viewer) nor others on her street seem to see. She is followed (get it?) in a 360 loop by the camera in what appears to be one continuous shot; one of many choices director David Robert Mitchell has made to make his film stand out from hordes of Ouija board dullness and remakes. The cinematography present in *It Follows* is reason enough to see the film in theaters (that means it looks real pretty, you like pretty right?) In addition, the overall consuming dark feeling of dread often times just creeping to the left of the unbalanced frame, has the viewer staring into the background, while the teens putter around, waiting to catch a glimpse of the supernatural being.

David Robert Mitchell, utilizing a trend within indie-horror, scores *It Follows* with a synth soundtrack that harkens back to the horror films from the 70's and 80's. For *It Follows,* the score fits the films creeping doom and panic and serves to underlie emotions when they aren't necessarily shown on screen. The teens of the film who are shockingly age appropriate for their roles, are teens. As a result, they are droll, and they are selfish, even sometimes boring. That level of realism balanced against the ethereal alternate reality of *It Follows* is what sets the film apart from the large scare flicks.

It Follows is all of the above and legitimately scary too. Not since last years *The Babadook* has a film been both scary and a bit of a think piece. *It Follows* has its flaws but they are few and far between, some may have a problem with the ambiguous nature of certain elements of the film, however, it is worth your time to seek out *It Follows* in a theater and get the full experience of a remarkable step forward in independent horror.

Game of Life teaches about debt, bills and loans

Continued From Page 1

"I recently interviewed alumni for a story I was writing and found that almost all of them had real issues with budgeting after college," said Kaler. "I think an event like this is a step in the right direction."

Devoid agreed.

"It's important for people to have an idea about what they're getting into," he said. "Most people graduate college and are blindsided by their bills and real-life expenses."

And it seems needed because financial planning clearly is not something on the mind of most college students.

"I didn't even know what a credit score was!" said sophomore Jessica Binkowski.

Heritage Family Credit Union is committed to financial learning. Events like this are their attempts to prepare students to think about the choices they will be faced with, according to Allen.

"It's good to learn how difficult it is to balance expenses," said Castleton junior and volunteer Jay Morgan.

The reality of this life exercise surprised a lot of people. "It's scary to see how fast costs add up!" said sophomore Nicole Wershoven. "This was super helpful."

Freshman Kelly Meyer was also surprised.

"I'm gonna be so poor after college," she said shaking her head. "This gave me a good heads up for what's coming in the future."

The event had over 50 volunteers, and more than 80 students came to play."It was a great turnout!" said Renee Beaupre White, Director of Career Services, excitedly. "I wish they had something like this when I was in college."

HEATHER ROBINSON / CASTLETON SPARTAN

The wheel simulates real life scenarios for students during Game of Life on March 25.

Rutland welcomes Castleton's invasion

By Derrick Langlais
Spartan Contributor

Castleton College's expansion into Rutland plays an intimate role in the success of Castleton students, while the Castleton community plays an intimate role in the success of the city, according to school officials and city residents.

Over the past six years, Castleton has been creating facilities and programs to help the city of Rutland and students, said director of Marketing and Communications Jeff Weld.

"The people of Rutland have shown a willingness to help the college grow, because they understand the value of an educated population and what that can mean for the sustainability of the local economy," Weld said

Castleton opened the Downtown Art Gallery in 2011. The Art Gallery displays work from students, locals and professional artists.

"There is a lot of local art talent in Rutland, like myself, and the Art Gallery gives us a chance to thrive and show of our work," Rutland native Dylan Beadry said.

With help from political science professor Rich Clark, Castleton also recently created the Castleton Polling Institute. The Polling Institute is a resource for government, nonprofit, and private entities that need data collection or evaluation assistance. It also creates a professional environment for students to work in, while they learn about the process of data collection, and get a feel for local public attitudes.

Spartan Arena has been in Rutland since 2009, allowing Rutland residents the opportunity to watch college-level hockey and provide public skating.

"I love going to the Castleton games. We usually go to a few games a year; it's affordable and a fun family activity," Rutland native Tyler Lambert said.

The arena also acts as a venue for local high school hockey teams.

Castleton inherited Middlebury's sports dome, which will be placed near Spartan Arena once the college finalizes plans and permits for the structure.

Looking into the future, Castleton President Dave Wolk believes that the Polling Institute will grow, as will entrepreneurial activities. Within the next few years, it is expected that Castleton College will also collaborate with the Paramount theatre, perhaps allowing Castleton to perform musical and theatrical performances within the Rutland community, Wolk said.

"We've really reached the capacity of our footprint here in Castleton, we have no room to grow, we want to maintain some of our beautiful green space, and we don't want buildings everywhere," Wolk said. "Rutland loves having students downtown, for economic development reasons, having more student foot traffic, buying a cup of coffee or shopping in stores. Over time it's a way to revitalize the city, while having mature responsible young people contributing to the revitalization of Rutland."

And Rutland residents seem happy with Castleton's infiltration.

"I'm glad Castleton is helping the Rutland community," said Rutland resident George Gamelin. "State Colleges are partially funded by our tax dollars and it's nice to see the school improving the community."

Student makes a difference in El Salvador

PHOTO CONTRIBUTED BY MARKELL NAULT

Freshman Markell Nault, right, has visited El Salvador twice to help build homes for underprivelaged families. Below, right, Nault poses with one of the families she helped during her trip.

By Carly Trombley
Castleton Spartan

Castleton freshman Markell Nault recently went back to El Salvador for two weeks to help build a house for underprivileged families.

Nault is a member of a group called Epilogos, which consists of about 20 students, who travel to El Salvador annually during February break.

Nault joined this group on a whim, not knowing what exactly it consisted of.

"A few students had gone and they gave a presentation about it in class. It looked like something I was interested in, so I went to some of the informational meetings and decided to commit to it," she said.

She said it is mostly high school students and adults who go, but it is encouraged for college students as well.

"I think it's a fabulous idea, but it cannot come from the faculty, it has to come from the students," said Castleton Spanish professor Ana Alexander when asked if this would be a good idea for college students.

Alexander is an advocate for studying abroad at Castleton and encourages all students to travel.

"It allows students to broaden their minds and see things from a new perspective," said Castleton freshman Danielle McLaughlin, who recently got her acceptance letter to study abroad.

Alexander has been on a mission trip similar to Nault's and said what she learned about the people is incredible.

"It's amazing how people with so little can live happily and respect each other and try to improve their community," she said.

In Nault's first trip, she spent most of her time with the kids. While some students were building the house, others were helping out at the local hospitals and schools.

"I helped out at the local school where I got to teach lessons in Spanish about Science and Art," said Nault, an education major.

Spending time with the kids was something that Alexander could relate to from her past trip to South America.

"There was dirt and the kids didn't have toys like we do so they created games playing with little rocks or sticks," she said reminiscing as if she was back in South America watching the children play.

"They used their imaginations so much because they didn't have anything else," she said. "Here we have all kinds of computers and gadgets, and there kids are playing games that they just invented.

"We have a lot that we take for granted."

Nault was affected in similar ways during her first trip to El Salvador. She said her dream was to be a translator in America because they make a lot of money, but spending time there has made her realize something life changing.

"You don't need money to be happy," Nault said.

Now her goals are more happiness-oriented and her new dream is to make a change and contributions to an underprivileged country.

"It was surprising how eager those kids were to get to school," Nault said, after explaining that they have to walk up to five miles to get there in scorching heat.

"And here I am complaining about walking across campus to get to class," she said. "It made me realize that we are really lucky here and it makes me no longer take my education for granted."

Nault said that these experiences have changed her life for the better and she feels privileged that she got to go back to El Salvador to help again.

Kiss leads to homophobic reactions, and support

Continued From Page 1

Theater professor Harry McEnerny, who directed the play, heard the audience's feedback too, but took it as a gasp of shock, rather than disgust.

"There were sometimes verbal responses to that kiss, there was gasping. It's possible that the gasping that was happening was because the audience was so involved in the show and they didn't expect these two characters to kiss, I think it is unexpected in the show. So I chose to believe that a lot of the surprise was it was these characters, not that it was a male on male kiss, because that's frankly the world in which we live in, not surprising anymore."

Second-year nursing student and cast member Doug Yaremchuk tried to add perspective about how he felt the audience should react.

"People should want to turn away because of the intimacy, not because of the perceived nature of the intimacy," he said.

Junior Nick Marshall, the lead in the play, said he was surprised by some of the reactions because of the purpose of the actors' characters.

"The healthiest relationship in the play is the gay relationship," he said.

But there were positive reactions to the kissing scene as well.

Junior Kayla Allard saw the play and was bothered by the audience's reaction – not by the kiss.

"I thought it was great! I noticed a lot of people giggled and made like weird comments about it, but I didn't think it was something to giggle about or make a scene about. It was normal to me, it made me kind of mad when people laughed," she said.

COURTESY PHOTO

Male students sing during the first act of Spring Awakening.

Sophomore Rosalie Burke enjoyed it as well.

"I thought the whole play was really great and well put together. All the actors and actresses played their parts so well. I thought the scene of them kissing well I anticipated it so it wasn't that shocking and I thought it was funny! I thought it was good that they didn't think it would be too much for the students," she said.

And Monzel and Cummins had fun with the reaction of some.

"There were friends of ours like, 'woooooh,'"said Monzel laughing.

Students and professors were surprised by the hateful reaction of some that the kissing scene had on the liberal college, but said it may still be a little indicative of our society, sadly.

"The fact that Michael Sam has to come out, he's on the front of Time Magazine this week, this quote that says, 'I'm not the only homosexual player in the NFL,' and that should be the title cover of the magazine cover, 'Duh! Of course you're not,' but why is that even news," expressed McEnerny.

"Why does it even matter," asked Alexa Fryover as a follow-up question.

Jenna Lee, who works for the Pride Center in Burlington, is an advocate for intimate partner violence, sexual assault, and hate violence.

"I think in Vermont we have an image of being liberal, open and accepting and to hear that being said in our community is sad. In college, a lot of the time that is when people explore their sexual identity … it could make somebody feel very alone," she said.

McEnerny expressed that a play's success is measured by the ability to challenge the audience, challenge each other in the theater and music department, and watch the characters develop over time. He said this play succeeded on all fronts.

"That was a very passionate kiss. Those boys did a good job with that kiss. And it's a very difficult acting challenge. Both of the dudes have long-term girlfriends, so this was an acting exercise for them. And the fact that people are uncomfortable with it means that those dudes were totally successful. They were not trying to make people uncomfortable; they were trying to make it believable," McEnerny said.

Spartans return from road trip victorious

By Kathleen Webber
Castleton Spartan

The Spartans baseball team traveled to Maine this past weekend to play against the Husson Eagles, winning a pair of games on Saturday April 11.

The Spartans won the first game 6-1 and the second 4-3. They then finished up their last two games of the weekend on Sunday, which started off with a tough start losing to Husson 12-0.

Castleton turned it around with a win 3-0 following the loss. The Spartan's finished their weekend with a 3-4 record.

With the result from this weekend Castleton stands at a 12-8 overall and 4-4 in the North Atlantic Conference (NAC) while Husson has a record of 17-11 overall and 13-3 in the NAC.

In game-one on Saturday, starting pitcher Steven Jurkiewicz, went seven strong innings with one earned run and seven strikeouts while only allowing one walk. Dan Whitney experienced his first lost of the season going 5.1 innings with four runs and five strikeouts.

Outfielder Tyler Lord, went a perfect 4-4 in the opener along with one run batted in and one run scored. Meanwhile, Taylor Vile scored two runs with one RBI after going 2-3 at the dish. Husson had a 1-0 lead, but Castleton surged back in the fourth inning, taking the lead 4-1.

Leading off the second game on Saturday Sam Spencer had an impressive day, with a complete game and three strikeouts giving him his second victory of the season. Connor Graffam allowed three runs in two innings pitched.

There was a scoreless opening frame, but Castleton in the second inning took a three run lead. At the top half of the third Castleton made another run giving them selves 4-0 lead. Husson came back towards the end with three runs due to errors but they were unable to get ahead of the Spartans.

Castleton had a rough first game on Sunday losing 12-0 to the Eagles. The Eagles outhit the Spartans 11-6 ands scored a total of 12 runs in just the first two innings. Scott Michaels allowed seven hits and 10 earned runs in two-thirds innings played.

"Unfortunately I didn't have it that day on the mound and had a tough outing and lost the first game today," said Michaels.

Michaels picked up his first loss of the season as a freshman.

Castleton had a scoring advantage with bases loaded in the last two innings of the game but couldn't get anyone home.

"Everyone has an off day, for me it was today, next opportunity I get I will prove what I have and show that this last outing isn't who I am and I am better than that." Said Michaels.

Concluding the weekend against Husson, Castleton won their third game of the season. Neither team was able to get anything offensively until Zach Bahan hit the only homerun for the weekend giving the Spartan's a 1-0 lead. By the top of the fifth Castleton had a lead of three and that was all Castleton needed to win the game.

Michaels is pleased with outcome of the season so far.

"What makes the difference between a good team and a great team is how they overcome failure. We proved that this trip having lost our first game Sunday 12-0 and losing games we should have won to Thomas and New England college earlier. When we play the way I know this team can we are unbeatable. We just have to keep firing on all cylinders and when one person isn't, the next person steps in and picks their teammate up," Michaels said. "That's what makes us a team." Michaels said.

Men's lax cashes in comeback win

COURTESY PHOTO

Offensive powerhouse, Taylor Swarter, dips around a Potsdam State defender during a game on Thursday March 19.

By Andrew Cremins
Castleton Spartan

The Castleton men's lacrosse team made a mid-first quarter turnaround after falling in a quick 2-0 hole to Maine Maritime Saturday, winning their sixth game in the last seven played by a score of 10-8.

Leading up to this game, the Spartans had been on a five-game winning streak, outscoring opponents 74-23, a difference of 51 goals, before losing to Skidmore, 14-3 on April 7.

Castleton let the Mariners jump to an early lead before Spartan Taylor Swarter received a feed from Zach Davidson and netted the first Spartan goal nearly three minutes after the Mariners' second.

Senior goaltender Eric Horsfield was pleased with his team's win, but still feels there is room for improvement in certain areas.

"We played well defensively, the zone looks good, but we still need to iron out some kinks before Wednesday. I felt that it was closer than it should have been, but it was a good team win and it was nice to come home with the win," Horsfield said.

Signal caller for the football team, George Busharis, made the move this past year to pick up a lax stick and sport another Castleton green uniform, giving a shot at playing long-stick midfield for the Spartans.

Busharis talked about the Mariners and reflects on the transition from quarterback to "lax bro."

"I thought the game went well. I was excited to see our team fight back to win after Maritime got an early lead off the start. It's great momentum moving forward to NEC this Wednesday. Maine Maritime was a good team with good players and coaching staff," said Busharis.

As for his decision to add lacrosse to his athletic repertoire, Busharis said he's having a blast – although he's really busy.

"I wouldn't call it such a transition, because I'm still going to the football lifts, watching off-season game film and participating in spring ball," Busharis said. "But playing lacrosse is super fun and has been going well. The players and coaches made it really easy for me to feel like a part of the team right away."

Swarter and Davidson combined for seven of Castleton's 10 goals against Maine Maritime, Swarter with four and Davidson, three. Mike Ruggiero, Louis Alhage, and Micky Prozinski each chipped in with a goal each.

Once Castleton gained a 4-3 lead there was no looking back as they maintained an upper edge for the rest of the game.

Sam Polas held things down between the pipes for Castleton, saving 11 of the 19 shots he faced.

The Mariners meanwhile cleaned up stats regarding ball possession. They swallowed up more ground balls (42-38), and won more face-offs (14 of 20) than the Spartans.

Wednesday looks to provide a big test for Castleton as they host the defending NAC Champions New England College at 7 pm. Since 2009, the Spartans and Pilgrims have played each other for the NAC championship in each of those years.

Fill up Spartan Stadium for what is anticipated as being a tightly contested matchup. Castleton looks for revenge after last year's NAC title loss. Sitting comfortably in second place, the Spartans are trailing just a hair behind NEC in the standings and with a win would move them into first.

10 straight wins

By Jordan Lumsden
Castleton Spartan

The Castleton women's laxers claimed their program record 10th straight win while four Spartans finished with hat tricks as they remained perfect in conference play, over Maine Maritime Academy 20-6, Saturday, at Ritchie field.

Brianna MacKay, Maddy DaCosta, Grace Johnson, and Brandi Whittemore were among the Spartans who recorded hat tricks.

The Spartans wasted no time getting to work scoring two quick goals in the first two minutes of play. The first goal was put in by MacKay and less than a minute later senior midfielder Mariah Lesure nets the pass from Kate Auer to put the Spartans up 2-0.

The Mainers responded with a goal by Rachael Redles to cut the Spartan lead in half but that was the closest they got.

Castleton rallied 6 unanswered goals, including two from DaCosta and two more from MacKay completing her hat trick and extending the lead to 8-1.

Tempo was a big factor on Saturday as Castleton claimed 20 out of 28 draw controls and dominated the time of possession.

"Possession is always key, but in this game we were able to work the ball around to keep possession which worked in our favor," said MacKay.

The Mainers tried to stay in the game scoring back-to-back goals by Taylor O'Malley and Rachael Redles, who tallied her second goal of the night, to cut the lead to 8-3. That ended the first half scoring for Maritime, but not for Castleton.

The Spartans scored five goals in three minutes, with 12 seconds left in the first half.

Grace Johnson completed her hat trick scoring two more, adding to her early first half goal and Brandi Whittemore scored twice before the end of the period extending their lead to 13-3 at the half.

COURTESY PHOTO

Junior goaltender, Megan Els, makes a play on a ball midair earlier this season during a North Atlantic Conference game.

"Ball Movement is key both on a settled attack and a fast break," said Whittemore "Our team has a good understanding of when to go and when to slow. In today's game it was crucial to keep the ball moving and switch fields often to keep the defense working."

In the second half, the Spartans picked up right where they left off scoring six goals and going up 19-3.

DaCosta and Whittemore finished their hat tricks early in the second half while Auer tallied her second. Emilee Maher, Tiffany Danyow and Emily Cross each put in goals for the Spartans as well.

Sharing the ball was a main goal versus the Mainers.

"We went into today's game with a team goal of assisting 60 percent or more of our goals," said MacKay smiling, "We believe that teamwork makes the dream work."

The Mainers stayed with the Spartans late in the second half. Tori Cooper, and Briana Obshatkin made it 19-5, then Redles finished off her hat trick.

The score was out of reach but Coach Hannah Corkery wants to finish every game strong.

"It's not easy to play a 60 minute game at a consistent level and remain focused," said Corkery, "I find it to be important to always come back to what we are trying to achieve to help simplify and not get overwhelmed."

Hannah Braman Finished the scoring for the Spartans making it 20-6.

Castleton is now 11-2 overall and 6-0 in conference play. They travel to play Johnson State on Saturday April 18 at 1 p.m.

Golf team is in full spring-swing

COURTESY PHOTO

Kyle Osborne, left, and Justin Del Bianco, right, take swings. The men's golf team finshed 12th out of 17 teams at this past weekend's Westport Hampton Inn Spring Invitational in North Dartmouth, Mass.

Sports Talk with Mike Davis

Every year in March, people start to look for certain spring-like features or events to occur or unfold. Whether it be watching the snow melt, the flowers bloom, washing your car, waiting for opening day for baseball or watching the men's college basketball tournament, these things never tend to change.

It is starting to become a part of our lives every year around this time and the NCAA Tournament is the number one watched televised event during this time of year. Many have said that this college event is the largest and most exciting sporting event to be televised every year.

Even more popular than the little league World Series and at times the super bowl, which has been proven to be the most dominate sporting event in our country over the last 50 years or so. But does this college event have the best ratings and interest because of the way the tournament is run?

It isn't just one game being played, it is a long road and journey for all 68 teams to not only make it to the big dance but it's another thing to compete at a high level and advance your team past 67 others to make it to that one game when you do finally get to the big stage.

No other tournament can hold a competition with this many teams, players, coaches and talent, but to many, the only event that can compare is the World Cup of Soccer, which is an amazing sporting event is its own right.

It is a privilege to not only play a sport, but it is a privilege to be a part of a sporting event, and it is exciting to be able to sit down in front of the TV or computer and watch such a thrilling, competitive, influential sporting event that that captures the attention of the whole world.

I believe the NCAA tournament to be one of, if not the largest sporting events in the country and perhaps the world. It allows one to believe in something bigger or greater than themselves and allows them the chance to just be a fan of the game and enjoy some very competitive basketball from the top collegiate athletes in the country.

In general, my love of sports is why I want to make it my career of choice because of the passion, effort, hard work, commitment and dedication that it takes just to make it in the life of sports. It is an out of body experience when you are sitting watching a great game at Madison Square Garden or are outside in a beautiful gold black and gold NFL stadium surrounded by thousands of other people who are there to experience the same things as you are.

Sports are very powerful, sometimes more than people know about or hear about. So for the non-sports fans out there, try to go outside of your element, and experience what it is like to just watch and be a part of something bigger than you and something that can make anyone cry, even Shirley who has been a part of Duke University, and who still after all these years loves the blue and white just as much if not more than any real, true sports fan.

I sat down with my best friend and his grandmother last week and watched Duke and Coach K capture yet another championship and for a moment I saw 84 year old Shirley start to tear up when the young student athletes of the Blue Devils cut the net down at Lucas Oil Stadium on April 6. I thought to myself, this is exactly why I love this tournament.

COURTESY PHOTO

Senior Zach Davidson, makes a move on a Plymouth State University defender during a regular season game earlier this season.

He stands alone

By Jordan Lumsden
Castleton Spartan

In the 50th year of Castleton men's, lacrosse, captain attackman, Zach Davidson, etched his name into the record books.

Davidson is the most decorated laxer at Castleton to date and continues to show his dominance this season.

Davidson holds the records for most points (358), goals (183), and assists (175) in Castleton history - and could care less.

"Honestly I don't pay attention to them in the heat of the moment," said Davidson, "I don't know if records are up and coming but then after I do break them I say 'oh okay, is that one? That's pretty cool.' But it's something I don't really try to think about too much. I just try and play the way I play everyday and every game."

His leadership on the field offensively goes without saying, but this year Davidson steps into the new role of team captain.

"I think it's about time that Z (Davidson) was a captain. He's obviously been one of the best players on the team since he was a freshman and he finally stepped into that leadership role," said senior long stick midfielder and fellow captain Alex Denny.

Head Coach Bo McDougall also commented on Davidson's leadership role.

"Zach's probably one of the best teammates we have. Through all his accolades he's never been about him, he's never been an 'I' guy, or a, 'me guy," said McDougall.

Davidson's balanced style of play makes him a key contributor to the team. Whether he is creating for himself or creating for a teammate, he is always making them better.

Vision and lacrosse IQ are what stands out about Davidson in the eyes of fellow senior captain and midfielder Evan Tucker.

"I think he just knows when to do stuff and why to do stuff," said Tucker, "He plays attack but he knows what the defenders are doing what the goalie should be doing, he knows everyone's position on the field."

Both Tucker and Sam Siegel, a freshman attack man, agreed that the knowledge that Davidson possesses is one of the things that makes him so important.

"He's a great leader. He's the first one to tell me I did something right, he's the first person to tell me I did something wrong and he's always there to pick me up," said Siegel.

Tucker also stated the impact that Davidson has on the offense.

"Every time we come down on offense we're a better offense when it goes through his stick. That's no secret," said Tucker.

Davidson's ability to create chances is what Denny thinks stands out the most.

"His style of play is so different from everybody else's that no one expects him to do what he does."

Davidson received nothing but praise from McDougall and his teammates. Many commented on his laid-back attitude and humbleness.

"He doesn't even know when he breaks records, he doesn't brag about it. He just does his thing," said Denny.

Where can you find Davidson off the field? Davidson is the president of the Sasquatch club on campus and is more than sure of the creature's existence.

"Dude, he's out there man," said Davidson laughing.

COURTESY PHOTO

Davidson is challenged by a Plymouth State Univeristy defender at Spartan Stadium on March 14.

Ramey's Spartans continue to roll

By Mike Davis
Castleton Spartan

It was a jam-packed weekend on Castleton State campus - at least for the women's softball team, which played four games in two days, including two doubleheaders, one being against conference opponent Lyndon State on Sunday.

The Lady Spartans first welcomed in Plymouth State for two games on Saturday, and would play them tough in game one. However, the Panthers offense was just too much for the Spartans to make any sort of late push to try to extend the game, which resulted in a Plymouth State victory 5-2, and gave them their 4th win of the season.

Game two however, was a different story all together, as the Spartans found themselves tied in the 12th inning at 2-2.

Junior outfielder Ruby Bushey was put on second base because of Softball's tie breaker rule; she would round third and fly head first into home plate on a ball that was bunted by Senior Stephanie Sylvester, which hit her in the back as she ran down the first baseline.

Bushey beat out the throw at home and secured the thrilling victory for Castleton and sent the Panthers back to Plymouth with a (4-11) record.

"We take it one game at a time and one day at a time," Bushey said. "The message coming in and out of this weekend was to be better than we were the day before in practice and to play better."

After a very busy, lengthy, and tiring two games Saturday, the Lady Spartans knew that their weekend wasn't over and that they needed to come in to Sunday's games with a better mindset and with more focus if they wanted to come away with two conference wins against Lyndon State, and that they did.

COURTESY PHOTO

Ruby Bushey, center, scored the winning run in the 12th inning against Plymouth State University on Saturday.

Castleton would get two stellar pitching performances out of aces Kayla Wood, who allowed just three hits while fanning nine Hornets and improved her record to 6-0 in game one, and freshman Taylor Paquette, who also dominated by only allowing one Lyndon hit and struck out four batters. Both of which recorded complete game shutouts for the Spartans and defeated the Hornets 1-0 and 7-0.

It wasn't just the pitching that would allow the Spartans to coast by the Hornets, but it was their defense and great hitting that contributed to the success as well.

In the opener, things were quiet with the scoreless tie, but in the bottom of the third inning, junior outfielder Kristi Lawless doubled down the right field line and put herself into scoring position at just the right time as the talented and powerful Spartan third basemen Brittany Brayman would make her way to the plate.

She hit a rocket right up the gut and scored her best friend and teammate Lawless from second, giving Castleton the one run they would need to defeat Lyndon.

"The message was to 'finish'," Lawless said. "Finish every at bat, finish every inning, finish every game and finish the season. This weekend was no different, that was our message and we succeeded in doing so."

Brayman also noted on what her team needed to do and what the message was heading into these games.

"We had to play clean defense that was the biggest part! We hadn't been able to put up a big inning and score a lot of runs, so we knew in order to win we had to not make errors and keep them from having big innings."

Castleton would also get great contribution at the plate from one of their top hitters in sophomore first basemen Katie Gagne, who delivered 4 hits on the day, including a two-run bomb that would pull the Spartans out in front in game two and eventually give them their third win in a row, improving their record to (10-6, 3-0 NAC).

"Our ultimate goal is to win the NAC," Gagne said. "We've never won it before and we have the odds on our side this year. "Our pre-season poll named us #1 in the conference and as of right now we are. Husson has one loss as well and we see them next weekend. It would be nice to not have to travel up to Bangor this year for tournament play."

The message this season for the 2015 Castleton Softball team is to "finish," and that journey continues on Wednesday when the talented Middlebury Panthers (13-6, 4-3) come to Castleton for a double header showdown.

Castleton Spartan

CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

Wednesday April 29, 2015 CastletonSpartan.com Castleton, Vermont

David Ievoli beat the odds

By Callie Ginter
Castleton Spartan

When David Ievoli was born, he could fit into the baseball hat Dippin' Dots cup comfortably. When he went to Disney World, he had to have his nurse go along with him. When he was just a little kid, he could be found sitting on a blanket next to his feeding tube while his cousins played around him.

Now you can't catch him sitting still.

Ievoli wasn't expected to live much past his birth, yet he will be graduating on May 9, one day before his 22nd birthday. He's far from sick and close to accomplished.

Ievoli was born 12 weeks early at 3.1 pounds, but quickly dropped to 2.9 pounds and was diagnosed with necrotizing enterocolitis, a serious intestinal disease among preemies that ultimately means his intestines were perforated. He was helicoptered to Alfred I. duPont Hospital where he went through countless surgeries including one where doctors took out a third of his large intestines. He also had gastric bypass surgery, surgery on his lungs and had his appendix removed.

"My mom told me she came in and she couldn't look at me because all my fluid retained to my body and I puffed up and I was really shiny and they thought I was going to burst and they had to drain all the fluid out of me," said Ievoli. "The fact that I'm here is the biggest miracle."

And despite the ordeal, he was reflective saying "maybe my mom went through more than I did."

She doesn't disagree.

"I broke down and found it hard to imagine his survival," said Ievoli's mother, Michelle Ievoli. "I knew he was tough. Even with all the surgeries, he was not one to cry," she said.

On campus, Ievoli can usually be described as the guy with the piercings, or the guy who puts together all the campus activities.

But there's much more to him that just that.

"Most people know him as the guy who plays ukulele around campus or the guy with snakebites, but I know him as my best friend and one of the nicest guys on campus," said senior Justin Derosier. "During our freshman year I called him Sharkbite and would tell people he was bit by a shark while swimming in the ocean as a kid … of course David being David will always tell them what really happened, and when they say, 'oh I'm so sorry,' he just replies with, 'no worries, it made me who I am today.'"

And that's exactly what Ievoli's attitude reflects.

"I always told myself because of my surgery I thought I was different, I told myself I wasn't going to make it or live as long as other people, so I always told myself with the days I thought I had I was going to be happy and at a young age I strived to make myself happy or other people and I realized happiness isn't in materials, so I think it was a blessing more than anything," Ievoli said.

But he wasn't always so casual about his condition.

"I was really shy as a kid. I wouldn't like to go to the pools or take my shirt off, and then one day I was like, screw it, who cares," he said.

Ievoli's daily life isn't affected too much by his condition, but there are exceptions. He can't throw up, so he doesn't drink alcohol. It's nearly impossible for him to gain weight because he can only eat in small increments and when he does eat, you can almost see his food traveling through his entire digestive system.

SARA NOVENSTERN / CASTLETON SPARTAN

Castleton student David Ievoli was diagnosed with necrotizing enterocolitis, a disease common in preemies.

Continued on Page 6

O'Hara to lead SGA in 2015

Mariah O'Hara

By Kaylee Pratt
Castleton Spartan

The votes are in and have been counted, and the SGA and senior class now have 11 new officers for the 2015-2016 academic year.

"I knew it was going to be a tight race, and it was," said newly elected SGA President, Mariah O'Hara, who unseated Elizabeth Young for the top student government post.

After hearing the results, she said she is really excited that the student body is allowing her to advocate for them in the upcoming school year. There is a lot to think about as the fall semester creeps up and she said officers have been busy brainstorming new ideas for a fresh start.

O'Hara said one of the biggest goals is to make SGA more accessible to students since SGA is essentially the voice of the students. One thing the SGA is working on to make this happen is organizing a cupcake meet and greet for the end of the semester. She thinks this will make students more comfortable stopping in and putting a face to a name.

"Students need to realize that there are people on campus that are here to help them have a voice," O'Hara said.

She isn't the only officer who wants people to realize what kind of presence the SGA has on campus and what exactly they are here for.

"I think the biggest thing I'd like to improve is the attitude of SGA," said the new SGA Vice President Emma Faucher. "I feel as though many students just look to us for money, but we're so much more than just a bank account."

One thing Faucher is really looking forward to is taking on a much larger role and responsibility in SGA than she ever has.

Right now, officers are working on going through their constitution and making it easier for everyone to understand and read. They don't want students to be confused in any way especially since their goal is to help the students.

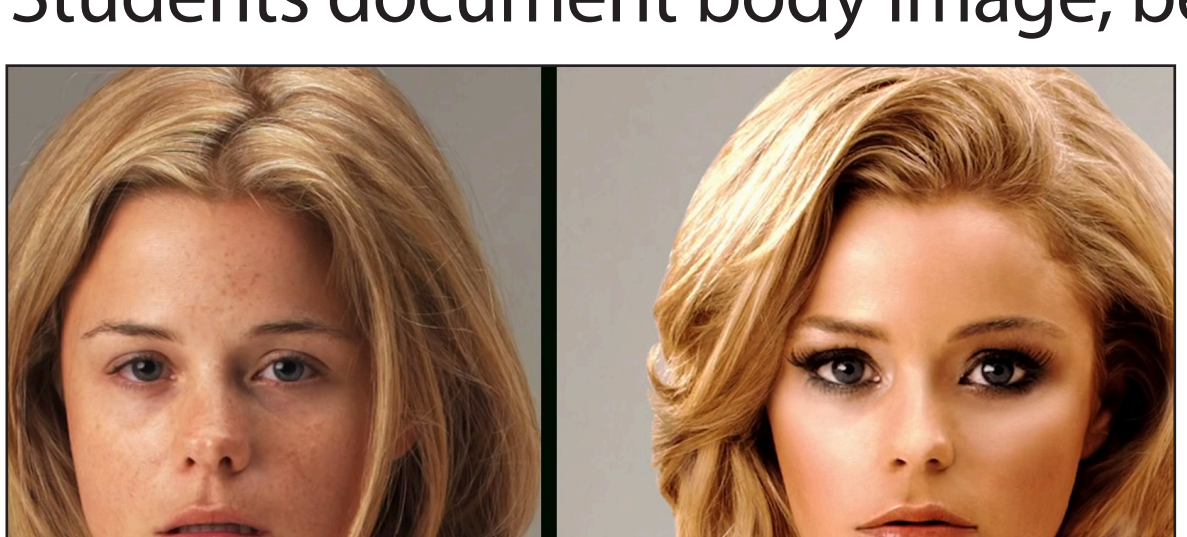
"We are always trying to represent what the school is and be the leaders that the students have seen in us and show them why they elected us," O'Hara said.

Both O'Hara and Faucher agree that everyone elected has an exceptional work ethic and will not disappoint.

"I am really looking forward to our team. They're very personable and they are overall amazing," O'Hara said.

Rounding out the list of new elected officials include Vice President of Campus Activities Breanna Morse, Vice President of Academics Catherine Wielgasz, Vice President of Community Relations Emma Blaiklock, Treasurer Tyler Anderson, Delegate Hollie Nop, Delegate Kyla Leary, Delegate Elizabeth Bassette, Senior Class President Colleen Kunz, Senior Class Vice President Isaac Bendavid and Senior Class Treasurer Emma

Students document body image, beer and pot



PHOTOS TAKEN FROM STUDENT DOCUMENTARIES

A model is shown in a body image documentary without makeup, above left, and then with makeup and Photoshopped, above right, to an unrealistic state. Beers are displayed on a custom made sample flight, below, made from former Burton snowboards and given as a gift to Switchback.

By Daley Crowley
Castleton Spartan

Legalization of marijuana, Vermont breweries and body image are all topics Castleton students recently decided to make documentaries about. After countless hours of planning, writing, filming and editing, the three documentaries are finished and ready to be presented.

Body image was a topic that senior Devin Clark wanted to tackle for her documentary. When she asked Communication department Chair Bob Gershon about the idea, he suggested she take on this challenge as her senior project.

"This is a pretty personal topic," explained Clark. "So it was a little tricky getting people to be comfortable enough to talk about it."

Clark interviewed college officials, professors, psychologists and college students asking them if body image in the media affected girls in a positive or negative way. The responses were all similar.

"Everyone agreed that the way women are portrayed in the media causes negative effects. No one actually looks like the girls in magazines," Clark said.

Creating a documentary is no easy feat, especially when you're doing all the work on your own. Clark did the editing, filming, and producing by herself.

"It has been super stressful. I've never loved something so much, but hated it at the same time," Clark said with a laugh. "It was crazy having this much responsibility."

One challenge Clark faced was getting people to be comfortable in front of her camera.

"It's very awkward for some people to have a camera pointing directly in their face, so I tried to make them as comfortable as I could," Clark said.

This experience has been challenging, but rewarding for Clark, who's documentary titled "Skinny" was presented on April 27.

Another group of students began their Vermont Brewery project in a Documentary Workshop class in the fall. While brainstorming possible topics, they decided maple syrup was an overdone idea and decided to look into Vermont beer culture.

"Beer has become a pretty big industry in Vermont," said senior Nicole Irwin, who was a big part of the project. "We're fortunate enough to be close to so many breweries that we were able to get a lot of footage."

Continued on Page 6

Kareckas traveling to Poland to teach English

Kevin Kareckas

By Karsen Woods
Castleton Spartan

Castleton College graduate student, Kevin Kareckas has been recognized as this years' Fulbright English Assistantship Grant recipient. Following his Castleton graduation this spring with a Master's degree in education he will travel to Poland in October to utilize his teaching and leadership skills as an English learning assistant to university students.

Kareckas, from Maine, graduated from Wheelock College in Boston in 2012 where he majored in elementary education and minored in math and science. He says the two areas suited him well and he explained his belief of people's natural ability to understand science.

"We're all citizen scientists in our own little way," he said.

Aside from his intensive academic studies, he was also involved in the lacrosse program, student government, and Residence Life.

"That's pretty significant, because it led me to where I am now," Kareckas said reflecting on his journey.

The Fulbright program was introduced in 1945 and is regarded as one of the most prestigious scholarship foundations. It is also the largest U.S. student exchange program.

Monica McEnerny, Castleton Fulbright Scholarship Committee chair, explained the application process saying applicants begin with the Castleton Fulbright committee. If their applications make the first cut, they are sent to Washington D.C. for further review. Lastly, each representative country will select their best choice.

Sandy Duling, Castleton library director and Fulbright "go-to" for Castleton applicants, spoke of the intense competition within this prestigious program.

"He was competing with people from Harvard and Yale," she said.

Anne Slonaker, former professor of Kareckas and education department chair, agreed with Duling.

"It's a big deal, and you'll never get that from Kevin; he's so relaxed and so nonchalant, but it is a big deal and he is a bright young man," Slonaker said.

Last year Brian Garvey, a 2014 Castleton Graduate, won the Teaching Assistantship Program scholarship as well, and is now expanding his studies in Columbia.

McEnerny, reflected on the success of two Castleton students in a row presented with this priceless opportunity.

"We're letting students know this is a possibility for them, just as much as anybody else," McEnerny said.

Duling said the first step is simply applying.

"They shouldn't be intimidated," she said. "We think that people from Castleton are uniquely well-suited for doing this kind of thing."

Slonaker agrees.

"I think that our college is unique for that reason; we weren't hurt by being small, we were helped by being small ... Our students have unique experiences that they've learned to celebrate through these kinds of opportunities," she said.

Richard Reardon, director of education, echoed their comments.

"Anytime you get two students back to back that are capable of earning a very competitive award...you have to acknowledge the work that the faculty does ... it adds a lot to the aura of the college," he said.

Reardon wasn't surprised that Kareckas was chosen.

"He tends to take a leadership role, even as a student… That's one of the things they [Fulbright] like students to be able to do; be solutions oriented... he has the opportunity to not only be a learner, but a teacher," Reardon said.

Duling also stressed that the Fulbright Scholarship winners play a bigger role than just foreign educator.

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Necessary to un-censor

Two weeks ago, *The Spartan* released an issue with a story on the front page headlined "Controversial Kiss." The story revealed some surprising reactions to a same-sex kiss in the play "Spring Awakening."

The article itself garnered some strong reactions as well, good and bad. Some applauded *The Spartan* for not shying away from a topic as heavy as homophobia, but other's felt the article crossed a line. We would like to make our motives behind publishing this story clear to the Castleton community.

It is our opinion that this kiss should not have been anything even close to controversial. It was by far the least scandalous theme in the play.

It's a pity that people still react to a natural thing in such a strong and negative manner, but they do, and unfortunately, that makes it news.

Castleton is generally a very accepting and tolerant place, but Spartan Reporter Callie Ginter uncovered while writing her article that there are still a select few on our campus who harbor intense feelings of hatred and fear.

One particular uncensored quote from an anonymous source had many readers up in arms over our decision to print such a derogatory and hurtful word.

We understand the hurt and confusion some members of our community must have felt reading a quote like that. It is difficult to learn that someone you don't even know hates you so blindly and matter-of-factly.

However, the fact that this level of homophobia exists on our campus, even if only within this one individual, is something we feel must be reported on.

If we were to shy away from the aggressiveness of this quote, we would be shying away from the seriousness of the issue.

We look forward to a day when we won't have to write about it, because this level of prejudice, directed at any member of our Castleton family, will be a thing of the past.

-Jorah McKinley

Letter to the Editor

An open letter to Castleton students:

Responding to Thomas Edison's opinion that a college education is useless, Albert Einstein reportedly said, "The value of an education in a liberal arts college is not the learning of many facts but the training of the mind to think something that cannot be learned from textbooks," according to biographer Philipp Frank (p. 185). Today, we hear students expressing concerns that their college education will not lead to a job or career. It is perfectly reasonable for students to expect that a college education will make them employable and that the college degree is a step into a productive profession. But the path from degree to career might not be as linear as students hope.

We don't know what the jobs of the future will be or what competencies they will require. Those who develop critical reasoning and problem-solving abilities will be prepared for changes in the economy and culture that we cannot anticipate this far out. To prepare a student with a specific set of skills may be important, but to prepare students to be critical thinkers and life-long learners is an absolute necessity. It is the liberal arts education that prepares students for the latter—to adapt to changing circumstances and to be resilient when old skills become outmoded.

Recently, some of my students read an excerpt from Allan Bloom's "The Closing of the American Mind" (1987). In that notable work, Bloom rails against what he sees as the declining standards in higher education and urges a return to classical education based on a well-defined (and absolutist) cannon of western thought. While I take issue with many of the critiques that Bloom asserts, his book does make a compelling case for an honest search for truth and meaning that we typically define as a liberal arts education. Bloom writes that the undeclared major, "… is an embarrassment to most universities, because he seems to be saying, 'I am a whole human being. Help me form myself in my wholeness and let me develop my real potential,' and he is the one to whom they have nothing to say."

I hope that Bloom's criticism rings hollow at Castleton. Our commitment to the liberal arts welcomes the undeclared student and puts that student on a path to find his or her passions and place in the world. What one learns in one's major is extremely important, but the path to finding the right major for the individual, as well as the ability to draw connections between one's major and other disciplines, is even more important. Students' general educational experience at Castleton should prepare them for success not only in their major but also in all future endeavors beyond college. Neither the economy nor career skills are static and unchanging. Students should leave Castleton not fully formed but capable of continuously forming and adjusting to changing environments.

-Rich Clark, Associate Professor of Political Science

Castleton Spartan
CASTLETON STATE COLLEGE'S STUDENT NEWSPAPER

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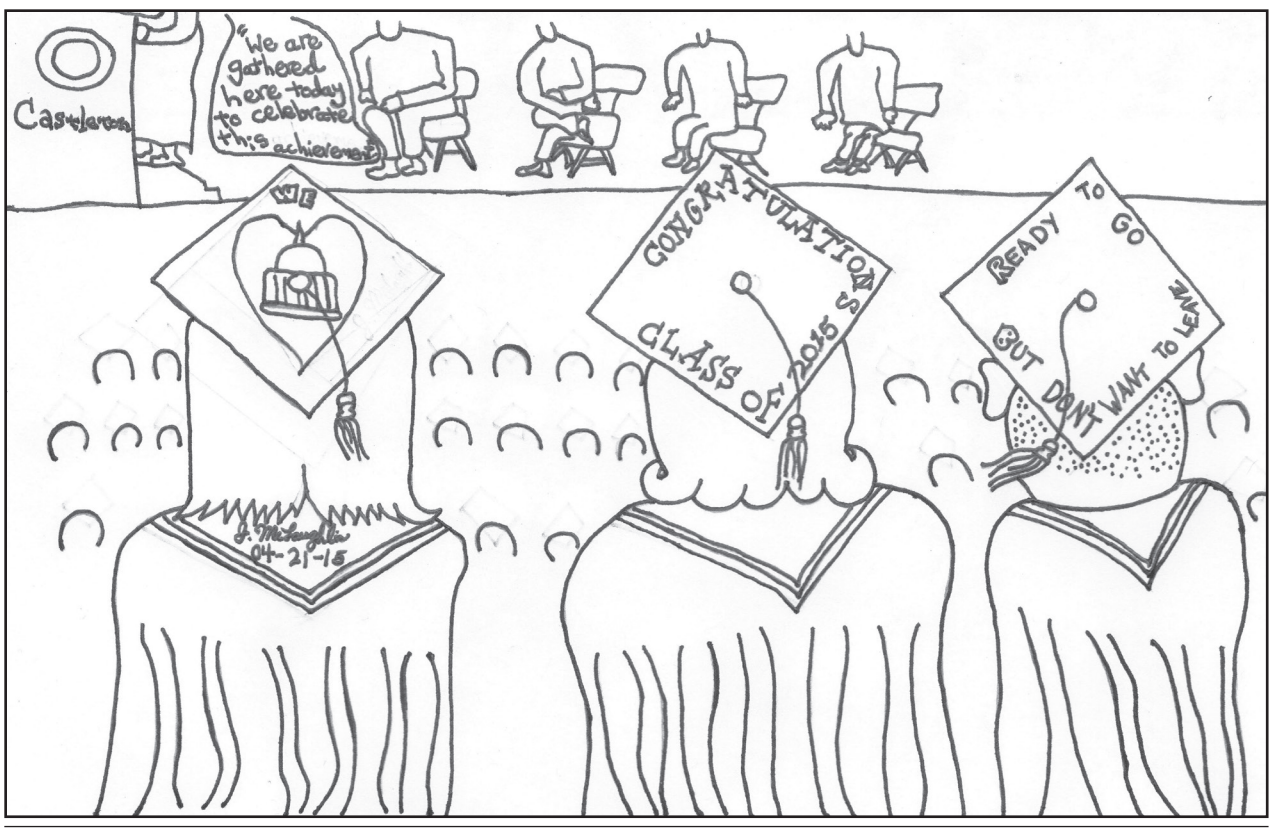
Castleton
"We are gathered here today to celebrate this achievement"
CONGRATULATIONS CLASS OF 2015
READY TO GO
BUT DON'T WANT TO LEAVE

Fresh Perspective

Carly Trombly takes on a new opportunity next semester in Spain

Freshman of Castleton: We did it! It is officially the last week of our first year at Castleton College. Now all we have to do is get through exams.

When I first started this column, I was extremely worried that people simply wouldn't care. I wasn't sure how many people actually read the school paper, let alone my tiny section.

But then I saw people all over campus with newspapers in their hands and I thought, "OK, they are reading the paper, and my column is in there, so that means they might be reading it right now!"

The best part about "Fresh Perspective" for me was when my article about Soundings was quoted in an all-freshman lecture by one of the school's deans. Even though I wasn't there to see it or stand up when he called out and asked if I was there, I was honored that he thought what I wrote was worth sharing.

Students and faculty came up to me all that day and told me what a great job I did and how great they thought my article was. I was flattered and completely shocked. When I first started, I told myself that as long as one person was impacted, it would be worth continuing.

Although it is the final article for this year, I will still be around next semester. I know, you were all so worried.

Instead of writing about the roller coaster of the life of a freshman, next semester I will be writing from Malaga, Spain where I will be studying abroad.

This is something I am extremely passionate about, so I am stoked that I get to still write for *The Spartan* while I am away.

In life, I think it is very important to take every great opportunity that comes your way. For me, it started when I was a senior in high school and I came to visit the communication department at Castleton because I was still unsure about where I wanted to go.

One of the major reasons I chose this school was because I was not only offered a spot on the paper when I came here, but I was given the opportunity to write an article for the paper when I was still in high school.

I am extremely grateful for every opportunity that has presented itself to me during my first year at this school. It is helping me grow into the person I want to be, and allowing me to have the time of my life. I know I'm not alone in this either.

I know this is probably arguable, but I think that this freshman class made a huge splash at Castleton. We are indeed a rowdy bunch, but we are also passionate, driven and fearless.

I am proud to be a member of this freshman class and proud to be a Spartan.

I couldn't think of a better way of ending the "Fresh Perspective" series then by thanking all of you for sticking with me this far, and for all of your compliments and acknowledgments. I have known for a while that news is something I want to do, and you guys are giving me the first few steps I need to make this my life.

Signing off for now. I will be back again, but this time from Spain.

-Carly Trombley

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Congratulations from the college Writing Committee to the following students who earned "Pass with Distinction" stastus on the culminating essays they wrote for the College Writing Assessment requirement this spring semester:

Joshua Barnhart

Megan Somers

Check us out!

www.castletonspartan.com

If you have any stories or photos to share please contact us at:

thespartan@castleton.edu

More space to study

By Jadie Dow
Castleton Spartan

Five students walk into the library searching for a place to study. They walk around the downstairs looking for an empty table to set up shop.

Almost a complete lap is made before they stumble upon a new study area in the far front corner of the downstairs.

The government documents have been hauled out of the library to make way for a new group study area in the library. This area used to be a space for the federal depositary, but most of these documents are available online, so a decision was made to make the area more useful to students.

"This is the current trend in libraries. Flexible space and group study," said librarian Sandy Duling.

Students can use this new space without making a reservation, which is different than the other study rooms on the same floor.

It was possible for the furniture to be purchased because of a generous donation made by Stephen Earley, a Castleton alumnus of the class of 1969.

The new furniture includes two couches, several new chairs, tables and whiteboards. Everything is on wheels, so students can rearrange the area the way they like each time they use it.

Duling said though she doesn't always get over there to see students using the area, the furniture is often in different positions, so she knows it is getting some use.

"I didn't know about it. I never really venture over to that area of the library. I'm really glad though! I'll definitely start using it. I love that everything is on wheels," said student Brittany Winter.

Library specialist Stephanie Traverse was instrumental in picking out the furniture and getting the space cleared out for the space to be possible.

"The furniture was actually in the lounge area for a little bit before we moved it over here. It was getting a lot of use in the lounge so we knew it would work well over here," Traverse said.

The main goal was to relieve some of the traffic on the current study rooms. Duling said nursing students often study in large groups, so this new space will work well for them.

"We're not in a position to build a new library, so we're making the best with what we have," Duling said.

The library staff hopes to get rid of more documents soon to make room for even more new furniture.

"We were very fortunate to get this donation. We would like to add more tables soon, so we are hoping for another donor," Traverse said.

Student compelled to clean up campus

By Isaac Devoid
Castleton Spartan

Luke Salerno and his group of Castleton College friends were making their usual walk through campus when suddenly, Salerno veered off onto the campus green to retrieve a pile of PBR cans a thirsty college student left the night before.

As bizarre as the act may seem, it's the norm for Salerno.

On any given day, you might find the sophomore digging through a bush or searching the Castleton campus for trash**,** which he promptly deposits in a trash can with little fanfare.

Salerno isn't paid for his efforts**,** it's just something he intrinsically needs to do.

His actions have led many students and staff members to question why he continually goes out of his way to freshen the Castleton campus?

The answer isn't so simple, as Salerno isn't quite sure himself.

"I honestly just don't like seeing trash and something inside me just urges me to pick it up," he said.

Peter Vaughn, Salerno's close friend**,** feels that Salerno's trash picking habits are a true testament to his character.

"I think what Luke does is a really good thing and he could start to inspire others around campus to do the same," he said.

Vaughn isn't the only one who notices Salerno's initiative.

President Dave Wolk has also taken note of his leadership.

"Luke demonstrates what we hope for in all our students," Wolk said. "The Castleton Way, epitomized by holding open doors for anyone passing through, picking up litter wherever one finds it, on or off campus, and other behaviors that show that a mature adult can think outside of himself."

Professor Andrew Vermilyea, head of Green Campus Initiative, loves to see someone taking charge in the movement.

"It's awesome to see someone so young joining the cause. Usually it is older people that you see on Green-Up Day picking up trash. I hope Luke continues to inspire others to join the cause," he said.

Vaughn has grown accustomed to seeing Salerno veer off course, on- and off –campus, to chase down wayward pieces of trash

"One time when we were walking to Africa (The South Street parking lot), Luke walked almost a quarter of a mile out of his way to climb up a tree just to recover a couple beer cans," he said.

Salerno said he simply wants to make Castleton a more desirable place for everyone and perhaps picking up litter can accomplish that.

"I feel like a clean campus looks better for prospective students and attracting them to Castleton," he said.

Salerno's roommate, Jesse Rowe loves his cleanliness.

"It's nice to live with Luke because he likes to keep the room pretty clean, and he's just a good kid overall," Rowe said.

The Castleton mentoring program is another area where Salerno has flourished. As a member of the program, he meets once a week with a fifth grade student where he acts as a role model. Recently, he was recognized as the most outstanding mentor of the year.

PETER VAUGHN / SPARTAN CONTRIBUTOR

Student Luke Salerno picks up trash on campus.

On the baseball diamond this spring, Salerno has appeared in five games and recorded one win and one loss. He has been statistically sound with a 3.47 ERA and 16 strikeouts.

Castleton officials are pleased to hear about stories like Salerno – stories that go above and beyond the call of duty.

"It also shows leadership: doing the right thing when no one else is looking," said Wolk.

This is what a relationship looks like

By Jorah McKinley
Castleton Spartan

Last Wednesday night Huden's Alumni Room played host to what Amy Bremmel called her favorite night of the year.

Bremel is the coordinator for Castleton's CHANGE initiative. CHANGE stands for creating, honoring, advocating and nurturing gender equality, and with the help of Martha Coulter, Director of Wellness Center, they presented the fourth annual "Every Couple has a Story" event.

This included a panel of six couples from the Castleton community, all in different stages of their relationships and all miraculously making the magical unicorn that is a healthy and functional relationship a reality.

"I saw Meghan and that was it," Sam Green, Media Specialist at Castleton, said of her wife, Meghan Doherty. Doherty was a freshman and Green was her student orientation staff leader, so at the time they couldn't be together.

They spent years as just friends before Green worked up the courage to, as she put it, "get over myself and make the move." They've now been married for almost three years and as Green put it, "it's pretty cool."

Alum Matt Trombley and student Sammy Pike might be a younger couple, but their history is just as long, if not longer.

"We met…forever ago. Fourth grade," Trombley said as a collective *awww* emanated from the audience. "We didn't start dating then. Don't freak out," he added.

In eighth grade Trombley and Pike began dating.

"I asked her out over MySpace. That tells you how long ago it was, and we've been together ever since."

Castleton students Ashlie Czelatka and Adam Olio met in band here at Castleton. They've been together for four and a half years and are now engaged.

CHRISTIN MARTIN / CASTLETON SPARTAN

Panelists prepare to tell the tales of their love at the "Every Couple Has a Story" event on April 21 in the Huden Alumni Room.

Professor Anne Slonaker and Professor Brad Slonaker met when Brad visited Anne's college, and they've now been married for what they think is 32 years, but it could be 37. That's up for debate.

Chemistry professor Andy Vermilyea and his wife Hillary Easter took a while to realize they we're meant to be together. They were best friends for years before the realization hit them.

Football coach Kevin Trigonis and wife Tessa have a classic 21st century love story. They met in a bar. The couple was married in August and is expecting their first child in July.

So what's the point of listening to a bunch of mushy love stories?

Bremmel and Coulter feel it is important to provide students with examples of healthy relationships. Many students don't those types of role models to look up to, so they believe seeing true love, respect, support and loyalty in real life and not a dramatization in a romantic comedy is a very valuable thing.

There was a reoccurring theme for each of the couples and it was true friendship. Every couple was best friends. Either they started out that way and grew into something more, or they started with attraction and cultivated a real friendship. Either way, each couple believes it's necessary for a healthy relationship.

"When I realized I was going to be with Sam forever was pretty much when we became best friends," Trombley said.

Brad called friendship a pre requisite.

"We *want* to hang out!" he said with enthusiasm.

You might assume that all these people grew up witnessing great examples of healthy relationships, but that's not the case.

Some have parents who are so in love and have been together for what seems like forever. Some don't, but that didn't impact their ability to have a healthy relationship of their own.

Czelatka doesn't know who her real father is. She loves her mother, but there were a lot of male figures in and out of the picture, so she looked to her grandparents for an example of true love.

"They're everything to me, and their relationship means so much to me," she said. "Just seeing how much love they have for each other…my grandpa will go over to my grandmother and just randomly say 'I love you' for no reason," she said, her voice cracking with emotion and her eyes welling with tears of respect.

Whether it was what to do or what not to do, each couple drew inspiration from the people in their lives.

There was one question everyone wanted to know the answer to. How do you keep that initial fireworks stage going?

Most answers were things like; it's the little things that keep the spark alive. Trigonis emphasized the importance of communication in the bedroom, saying that you'll both be much happier if you each know what the other wants.

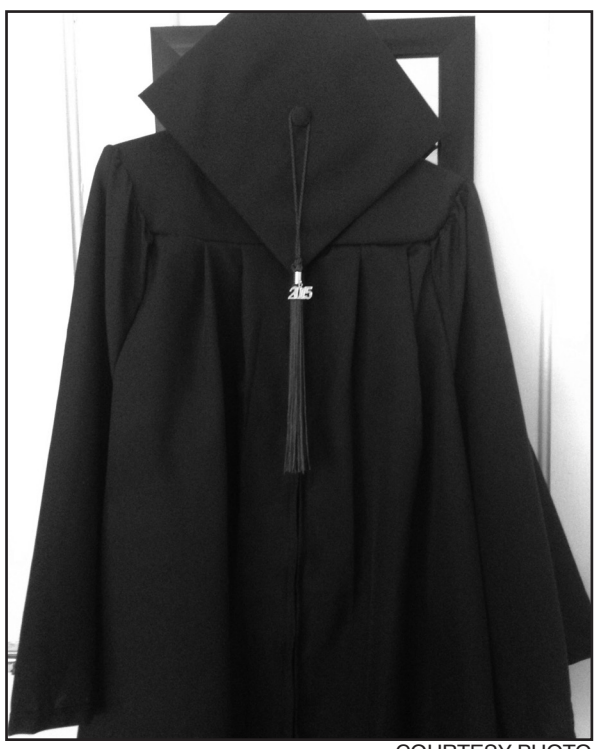
"I mean…you can tell we were active," he said gesturing to his wife's pregnant belly as she blushed.

Doherty sited hysterical laughter as a great fan to the flame, and it seems to be working because Green says she still feels the exact same way she did when she first saw Doherty.

Brad had a slightly different answer.

"I wasn't aware the initial fireworks stage was over!" he said.

Seniors ready for the next journey



COURTESY PHOTO

A cap and gown hang, ready to be worn at graduation on May 9.

By Jadie Dow
Castleton Spartan

The gowns are purchased. The tickets are claimed.

The smell of finals is in the air.

Castleton seniors can smell the freedom that only their diploma can give them. Their undergraduate degree will soon be finished, but for some, that's a scary thought. The year is winding down, and now students are forced to decide what to do with their lives.

Castleton offers many services to seniors to help them prepare including mock interviews, meetings with alumni in their field, local and national internships and much more.

"It's bittersweet**,** which is so cliché**,** but there are points where I think I'm so ready to leave and excited for change and other times I realize everything about college that I'm going to miss. But I've had my time and now it's time to move on to the next big thing," said Sarah Bergstrom, who is continuing her education to get her master's at the University of New Hampshire in the fall.

But perhaps Bergstrom feels more prepared to take on the world than some because she is going to grad school. Going to grad school is almost delaying the inevitable.

Graduates not going to grad school now face all the financial burdens, all the stress and the unknown abyss of life after school.

Renee Beaupre White, the director of career development at Castleton believes the school does everything they can to prepare students for life after school.

"We have many things available, but in the end it's up to the student. They need to take ownership of their own career," Beaupre White said.

Senior Colleen Jenkins is not as sure-footed as Bergstrom looking ahead.

"I think that Castleton has definitely prepared me for the real world. I'm confident in my skills and abilities thanks to all my professors. But I don't think anyone feels truly ready for life after college. It's scary!" Jenkins said.

Of course, everyone is worried about money after college, but some are worried more than others. Being prepared to take on the debts from student loans and the incoming monthly bills that come with being an adult is a stressful thought. Jess Galatioto knows this feeling well.

"I feel that I can take it on, but as far as money goes no way. No matter how much you work**,** if you want to be involved in the college you're not going to have enough money in the end, especially out of state," Galatioto said.

Galatioto played field hockey for Castleton for four years, was an orientation leader, was involved in many clubs, and feels that her experiences at Castleton were worth the extra financial stress.

"I met awesome people, was given awesome opportunities and made awesome memories," Galatioto said.

Beaupre White was not surprised that most seniors surveyed felt ready for their post-graduation plans.

"I'm delighted that they feel prepared. I see a lot of students and help them with anything I can. I'm not surprised. That's great news for us," said Beaupre White "The most important thing is just for seniors not to be afraid of what lies ahead."

There are some graduates who have a solid plan, and some who are working on a plan. Meghan O'Sullivan is the latter.

When asked her plans for next year, she responded, "Oh, maybe I don't want to play this game anymore."

"I feel prepared, I just don't know what I want to do in this 'real world'," O'Sullivan said.

Josh Budzinski is on the other end of the spectrum.

Budzinski will be moving to Missouri to continue his education at Logan University, where he hopes to earn his doctorate of chiropractic medicine.

"I wouldn't say I am taking on the real world yet. It is more intense schooling by far so I guess that counts. The short answer is yes I feel pretty confident to take on what's next," Budzinski said.

In the end, all five seniors answered the same to the final question. Was Castleton the right choice for you?

"Yes of course!" Bergstrom said.

"Of course! I've never regretted my decision to come here, ever," Jenkins said.

"Castleton is a special place," Galatioto said.

"Castleton is where I was able to grow into the person that I will be in the "real world" and I couldn't be more thankful for that!" O'Sullivan said.

"Yes! I don't think I could have chosen better," Budzinski said.

No one can be fully prepared for what lies ahead, but these students say Castleton does a pretty good job of helping students to do the best they can for their own futures.

A minute with Michael

Michael Sabataso

Question:What is your favorite part of summer?

Micaela Gailmor

"My favorite part of summer would probably be being able to work at a day camp."

Allyson Bradley

"My favorite part of summer would be to hang out with friends, go boating, and to go on vacation to Maine."

Tyler Anderson

"My favorite part of summer is probably not having to deal with school, and I love swimming."

Kyla Leary

"I think my favorite part of summer is being able to spend a lot more time with my friends and family."

Misty Ritchie

"Hanging out with my nephew and the bright sunny fresh air."

Louis Alhage

"My favorite part of summer is hanging out with friends and going to the beach."

More students go overseas

By Sara Novenstern
Castleton Spartan

The goal set last year by Castleton College when it joined the Generation Study Abroad Commitment was to double the number of students studying abroad by the year of 2020.

It didn't take nearly that long.

"We have already doubled it actually," said Ana Alexander, Castleton's Spanish professor and coordinator for the study abroad program.

Last semester there were five students studying in foreign lands and this current semester there are 10, she said proudly.

Another six will study abroad this summer and eight more will depart in the fall – totaling 29 since fall 2014.

Initially, studying abroad for a semester was only required of Spanish majors. It then became a requirement of global studies majors as well, Alexander said.

As you're reading this, there are students in Spain, New Zealand, Australia, China, Italy, Costa Rica, Berlin and Germany. And only one of them is a Spanish major, she said.

Alexander emphasized that studying abroad is more than just a traveling experience.

"Anyone can study abroad," but it is what you do while you are away that makes the experience, she said. She stressed how important it is that students go somewhere and do something that will be useful to their specific career goals and give them a more promising future.

Castleton junior Emma Faucher has studied all semester in New Zealand and has started a blog called #FollowTheKiwi charting her weekly adventures. Her journey to New Zealand started 10 days after she applied for a scholarship when she learned she had won $15,000.

Alexander said Faucher is a great example of what can happen when students try to get funding help to study abroad.

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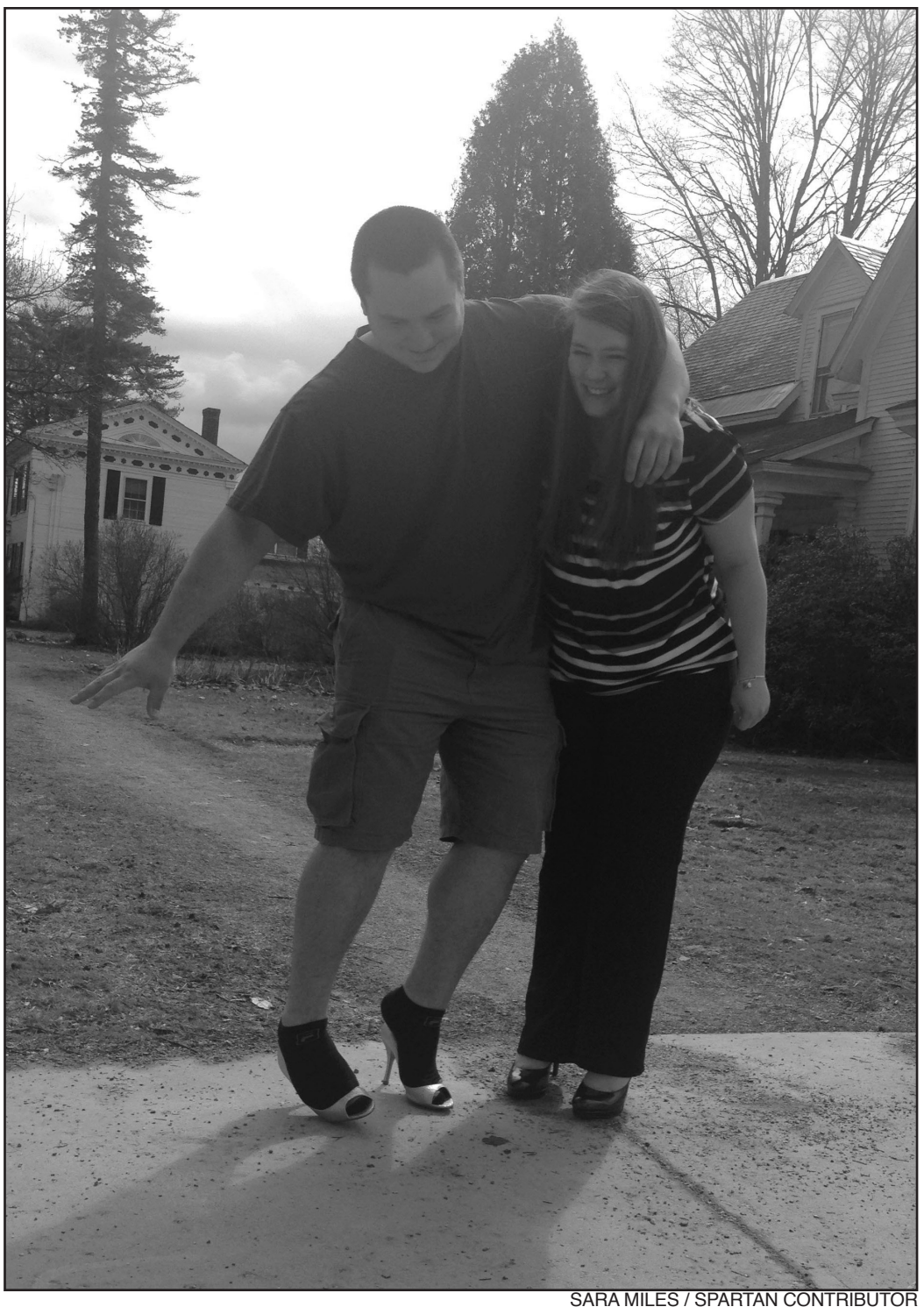
PHOTO CONTRIBUTED BY EMMA FAUCHER

Castleton junior Emma Faucher enjoys a swim while studying abroad in New Zealand.

Take a walk against violence



SARA MILES / SPARTAN CONTRIBUTOR

Castleton student Matt Hock, left, is held up by Kayla Ploof, right, as he tries to balance in high heels in preperation for the "Walk a Mile in Her Shoes" event Oct. 18.

By Sara Miles
Spartan Contributor

Castleton College junior Justin DelBianco pulls up his black Nike mid-calf socks and forces his size 10 foot into a women's size 9 high heeled shoe to practice for the "Walk A Mile in Her Shoes" event on Oct. 18, to raise awareness for gender-based violence.

DelBianco then hit the runway of Haskell Hall and rolled his left ankle every third step.

"My thighs were burning from being in a half squat, half standing position while trying to walk. My pinky toe felt like it had been cut off and no longer existed, and the back of my heels were blistered in the first 30 seconds of wearing the heels," he said.

Men walking in high-heeled shoes has to be on every women's must see list, but seeing them do it out of support for women is encouraging.

"It's obvious that women have it a lot tougher than men, and if by wearing heels for a little while helps show my support for those women, then that is something I don't even think twice about," DelBianco said. "Domestic Violence is not something I have ever been accustomed to. I believe that violence of any kind is wrong, especially when it effects those who cannot defend themselves in certain situations."

Gender-based violence is a part of society, a part that is hidden and handled so lightly that most cases go unheard of with little to no punishment. It takes people like DelBianco and the staff of the Rutland County Women's Network and Shelter to help those who need it and to educate people who are unaware that it's happening right in front of them.

To help raise awareness and educate the community, the shelter is hosting an internationally recognized movement to involve men in the fight against sexual assault and gender-based violence, called "Walk a Mile in Her Shoes" in downtown Rutland. The streets will be blocked off and the walk will begin on Merchants Row and proceed to Evelyn and Center streets and back around.

"There are so many problems right under our noses and I feel like by reaching out to all generations, mainly the younger ones, we can help put a stop to the violence. Even if it only starts in a small, beaten up town like Rutland," said Emme O'Rouke, event co-chair and community volunteer.

According to the 2013 State of Vermont Domestic Violence Fatality Review Commission Report, 83 percent of Vermont's domestic violence related fatalities are committed by males and 54 percent of their victims are female.

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'Doctored' prescribes a dose of reality

By Jorah McKinley
Castleton Spartan

Thirty years ago, Lisa and Joe Donohue would have been called quacks, charlatans, or frauds. Some have even carried that opinion well into the 21st century. But time and time again, people in their profession have done incredible things for people in pain.

Lisa, a part-time faculty member at Castleton, and her husband, Joe, are the co-owners of a holistic health center in Wallingford, Vt. called the Thrive Center of the Green Mountains.

Joe is a doctor of chiropractic medicine and Lisa holds a certification in health and lifestyle coaching and is a licensed massage and bodywork therapist. The Thrive Center offers chiropractic care, massage, lifestyle coaching, holistic health education programs, stress reduction products and much more.

The two have a strong commitment to educating their community on all the options they have when it comes to health.

On April 15, with the help of Thrive Center intern and Castleton health science major Josh Budzinski, they came to campus to show a documentary called "Doctored."

The movie aimed to shed light on traditional western medical practices that make a habit of prescribing medication for any and everything under the sun, needed or not.

And believe it or not, it educated viewers on a real life conspiracy. In 1987, the American Medical Association was found guilty of conspiracy to contain and eliminate the profession of chiropracty.

For those who don't know, chiropracty is the practice of treating diseases by manipulating the spinal column to correct misalignments and relieve pressure.

The main goal of the film was to show viewers that medication or surgery isn't always the only option, and this is the same goal that the Donohues work toward every day at the Thrive Center.

"What I get excited about is just the plethora of health and healing opportunities that people are learning about at younger ages," Lisa said. "That's why I teach, you know? I just want to pass batons and assist people to understand that there is more than one way. There's a much bigger picture of health."

Lisa feels that this documentary "gives a true picture about the realities in health care today," and hopes it will be considered for a future Soundings event.

Being a chiropractor for 15 years, Joe has seen his practice do things for patients that seemed impossible.

For example, he has treated pediatric patients with chronic ear infections who were scheduled to have tubes put in their ears.

"With a [chiropractic] adjustment, ears drain, fever resolves, surgery's cancelled," he said matter-of-factly.

"There are many forms of natural or conservative care that tend not to get the exposure that maybe they should get as first lines of treatment," Joe said.

Budzinski has spent a lot of time shadowing Joe over the course of his internship this semester and was a huge part of bringing the documentary to campus.

"I think it reinforces where the mindset of our generation is already going and puts some proof behind it," Budzinski said.

However, he doesn't believe a shift in our country's health is a change likely to be made in one generation, but he hopes to contribute to that change.

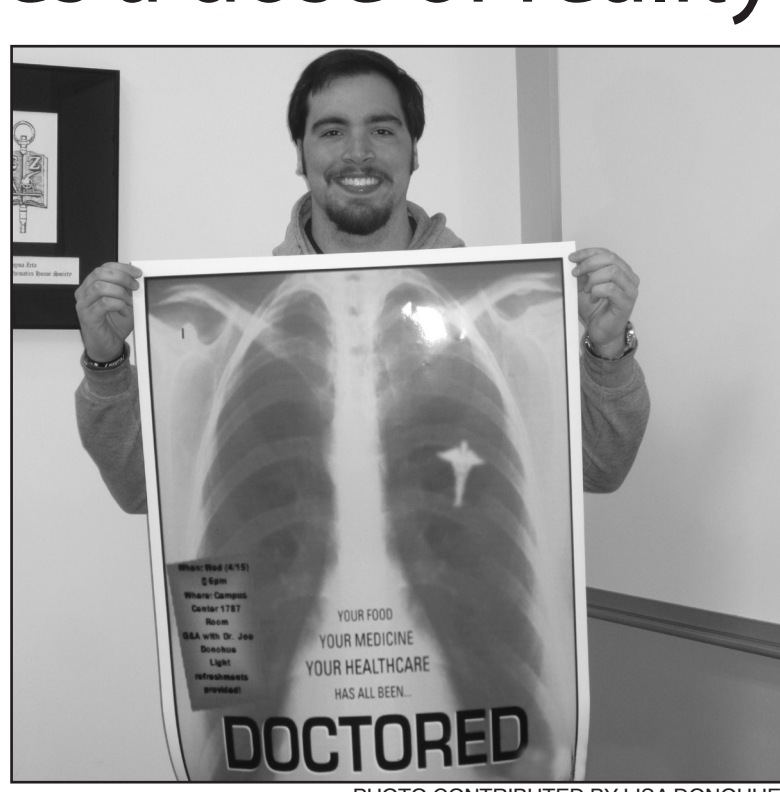


PHOTO CONTRIBUTED BY LISA DONOHUE

Castleton student Josh Budzinski holds a poster for the documentary "Doctored" shown on April 15.

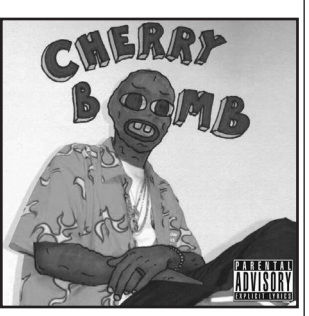
In September, Budzinski will be following in the footsteps of his mentors and attending Chiropractic school in Missouri.

"[This was] a fantastic project for Joshua to be a part of as he strides toward Logan Chiropractic College," Lisa said. "I always want students to reach more...and be better than me...because I'll be watching for their due successes to come," she added.

Lisa was extremely appreciative of her fellow Castleton professors who encouraged their students to attend the documentary showing, as well as the supporting partners for the event; The Bakery, Evening Song Farm, The Thrive Center, Sentinel Pines Orchard, The Castleton Athletic Training Club, and the Castleton Campus.

To learn more about the Thrive Center and your healthcare options visit facebook.com/ThriveCenteroftheGreenMountains.

Album review: Cherry Bomb, Tyler the Creator



By Alden Bisson
Castleton Spartan

Once you get past the devilish vulgarity of Tyler, the Creator and the rest of hip-hop ensemble Odd Future, it became clear to see a legitimate creative core inside the madness.

There was an abundance of skepticism of their actual talent level and potential for continued success, but now more than five years removed from Tyler's BASTARD, he's still very much a big deal. Still young, having turned 24 this year, Tyler just dropped his fourth full-length album, "Cherry Bomb," once again proving why Odd Future will remain a mainstay.

The self-produced album premieres less than a month after "I don't like shit, I don't go outside," the new release from Odd Future counterpart Earl Sweatshirt. The two projects could hardly be more different. Unlike Earl, Tyler doesn't appear very interested in making a great rap album. He's more interested in making a great album with a bubbly, wide-ranging musicality.

Instead, it's an album defined by contrast: Noisy convulsions pile up alongside jazz and soul grooves, poppy melodies are offset by intentionally muddy mixing elsewhere. Imagine a Frank Zappa and Eminem collaboration.

"Cherry Bomb" proves both thrilling and frustrating. As soon as you hear something you like, you're bound to encounter an abrupt shift shortly after. Much of the mixing and mastering on the album is a purposeful mess.

It's an artistic choice, a wink and nod to the title, but reads more as a choice derived out of vanity rather than necessity. Chaos and aggression can be achieved in ways other than knowingly destroying the quality of music. "Domo23" and "Trashwang" from his sophomore effort "WOLF," brainwash you to incite a riot, kill people, burn shit, and say f*ck school. This is Tyler getting exactly what he wants. "Pilot" from "Cherry Bomb," on the other hand, makes me consider going to Geek Squad to see if my speakers are broken. "Buffalo" makes me wonder if it sounds better on Tidal.

"Cherry Bomb" is meant to test the listener's patience, which is the best and worst part about it. Tyler is eager to show off his impressive versatility, but the disjointedness makes this anything but a smooth listen.

What's really interesting about Tyler, is that he uses his commanding voice and channels his insecurities into being a story of triumph for his cult followers, to the people who closely identify with being an outcast. Muddled and partly drowned out throughout "Cherry Bomb" is the positive message he spreads to his young audience that they too, can achieve their dreams. After all, dreams do come true, if only we spread out wings.

Jazz director makes class fun

JIMMY BRITT / CASTLETON SPARTAN

Members of the Jazz Ensemble perform their Spring concert on April 21.

By Catherine Twing
Castleton Spartan

Rob Roth stands in front of the Castleton Jazz Ensemble. Before opening scores or tuning instruments, he has one question for the group: What did the drummer get on his IQ test? The answer: Drool.

Walking into one of Roth's jazz ensemble rehearsals might feel more like comedy hour than an intense practice session, but his students like it that way.

"Rob is really funny, and his jokes and stories make class entertaining. He always has a smile on his face and makes each rehearsal enjoyable," said Jasmine Keefer, a freshman trumpeter.

Along with directing the jazz ensemble and marching band at Castleton, Roth can be found working at Brandon Lumber, a source of many of his famous anecdotes.

Roth often takes time telling stories in class, but most of his exciting past is still unknown to students.

Roth started as an orchestral percussionist under the mentorship of the Cleveland Orchestra's timpanist. While attending Allegany College in Meadville, Penn., Roth met his mentor Floyd Williams, a percussionist who played with Count Basie and other jazz greats.

Williams inspired him to go into jazz music.

"He pushed me in that direction from being an orchestral dude," said Roth, with a pair of drumsticks in his hands.

After Allegany, he attended Miami University in Ohio and Edinboro University in Pennsylvania. In 1988 he auditioned for the Air Force band, playing in their jazz ensemble.

When Williams passed away in '93, Roth took over his position as a percussion and jazz director at Allegany, teaching jazz history and jazz improv classes among others.

In 1995, Roth became the first adjunct professor to earn the professor the month award at Allegany College. He continued working in Pennsylvania until moving to Vermont in 2008 for a job at West Rutland School.

"I moved to work at a public school, so at that point I thought I'd never do college again," Roth said.

Obviously, he was wrong.

Roth joined the Castleton Marching Band as a percussion director in 2009, its inaugural year. When Glenn Giles stepped down from being director of the Castleton Jazz Ensemble this past fall, Roth was asked to replace him.

Roth has done everything from owning a music store to opening up for Willy Nelson in front of 10,000 fans. He has also played for countless celebrities, including President Ronald Reagan.

"I also played country," he said, in an exaggerated southern drawl. "A bunch of young people playing country in the '80s was really unusual."

Meeting his all-time favorite country artist, Dan Seals, is one of Roth's fondest memories.

"He made a point to come over and compliment me," Roth said. "I'm like 'I can quit playing now!'"

Audience members often notice how he has a smile on his face while playing and he wants his students to do the same.

"If you put in all the hard work in rehearsal, the performance should be fun," he said.

While an accomplished musician and educator, Roth believes music should be a labor of love.

"I love playing music for people and I want them to have the same love," he said. "Your personality comes through in your playing."

Students appreciate Roth's energy and excitement when it comes to music.

"Rob always encourages creativity," said freshman drummer, Mark Petit. "He tries new and innovative things. It doesn't always work, but it really opens everyone up to try new things they wouldn't in another music class."

CATHERINE TWING / CASTLETON SPARTAN

Jazz Ensemble director Rob Roth poses with drum.

#WeAreCastleton

By Jed Zawisza
Spartan Contributor

As Castleton junior Tim Marsh sat on his worn-out couch to watch the first game of the Final Four, he saw something he didn't quite expect. It wasn't a ridiculous dunk from the Duke Devils or the Wisconsin Badgers, but something a little closer to home.

On April 4, Castleton College aired its first commercial – the culmination of a three-month project – on televisions throughout New England.

"The goal when we came up with the commercial was to create awareness to prospective students and parents. We want to let them know that we're here," said Jeff Weld, director of Communication and Marketing. "We're a college that embraces everybody and that's what makes us special."

Although Castleton is a small college in an even smaller town, the diversity it offers is a consistent reason why people come here.

"It showed the students in their natural environment and the great amount of diversity that we have here at Castleton," said junior Rubina Saini. Castleton students Conor Lamb and Cami Cuadra pointed out the most memorable part of the commercial is where Castleton student Markell Nault said "We offer over 40 student clubs and organizations," all in Spanish.

Although Castleton could have hired actors for the commercial, Weld reached out to theater professor Harry McEnerny to help select students.

"We have a lot of talented people on campus and who better to represent who we are as a school than your own students," Weld said.

Senior Nicole Irwin, who double majors in communication and theatre, willingly accepted a role in the commercial.

"A few people I didn't know approached me because of the commercial. It was kind of cool, but kind of weird. My friends were super excited for me," she said.

The commercial was shot by YB Visual, a professional video agency based out of Winooski, Vt. The overall consensus of several students interviewed was that the commercial turned out very well. Shockingly, the filming process took only a couple of hours.

"We filmed it in a day. We met in the morning and it only took up a few hours of everyone's time so they could still make it to class," said Irwin.

Even though filming only took a few hours, the start-to-finish commercial took a couple of months.

"Once the rubber hit the road, so to speak, the process went pretty quick," Weld said. "The commercial cost between $5,000 and $7,000 to create."

Even though students believe the commercial was great, some believe the money could've been put to better use.

"So we can't afford cable, but we can afford a commercial in the NCAA tournament," tweeted Zac Harrington.

In the long run, college officials hope the commercial increases admissions to the school and will effectively help the school generate more money. It was aired during NCAA games when it was believed a lot of college-aged kids and their parents would be tuned in, according to Weld.

The image of everything a Vermont college can offer can be a hard thing to capture. Castleton is surrounded by "the natural beauty of the Green Mountains," but the students themselves believe that the commercial captured who we are and what Castleton is about.

"I feel so lucky to have such wonderful professors who will go out of their way to help their students. I've had friends who have complained about being just a number, but you really aren't at Castleton," said Irwin. "For a tiny school in a tiny town, there is quite a bit going on. You've just got to make the effort."

Over the course of the next few months, Castleton will be releasing 15-second pre-rolls, which will show before a YouTube video, to show a specific department.

"A 60 second video will be put up on the Castleton College website to show a more detailed description of who we are at Castleton and it will be included in the admissions package," Weld said

Weld believes that the students are Castleton's most important piece.

"We're a college that embraces everybody and that's what makes the college special; its individual parts," he said.

COURTESY PHOTO

Dalton-Jesse Cummins, left, and Nicole Irwin, right, act during the filming of Castleton's latest commercial.

The meaning of friendship

By Catherine Twing
Castleton Spartan

What it means to have a "friend" was forever changed on Feb. 4, 2004 when Mark Zuckerberg launched Facebook.

Giving users the ability to stay up-to-date with hundreds of acquaintances has caused overuse of the word "friend" and diluted the meaning.

"It's odd that people will have 'friends' on Facebook that they really don't know in person," said Castleton College Junior Peter Kazakis. "Everyone says the main reason they have Facebook is to keep in touch with their close friends and family, but people just check their newsfeed every day to see dumb stuff that's not really relevant to their life."

Sophomore Jon Giffen doesn't even bother adding people he doesn't talk to regularly.

"I add people I actually know, not random people I see on campus. If you put me in a room with people who I don't talk to then it would just be awkward," Giffen said.

Freshman Alex Derosia used the same word to explain friendships that never go beyond the screen.

"It's awkward if you've never talked to them, but you added them because they go to your school," said Derosia, who added that she has only two or three close friends on campus even though she's Facebook friends with hundreds more.

Junior Jade Blodgett admits how much she knowst about different people is distorted because of social media.

"I know more about random teen moms from my high school than I do about my best friends," Blodgett said, commenting on how much people post publicly about their lives.

Some longtime Facebook users see the damage done to real-life relationships when they put so much effort into maintain online ones. Junior Julia McIntyre deleted her Facebook for this reason, among others.

"I think it makes your real-life personal friendships shallower and not as personable," McIntyre said. "Instead of having conversations with people to catch up, it's like, 'oh looks like they had a good summer' based on their photos. I just wasn't connecting with people as much as I'd like to be."

She found herself judging people she hardly knew, in ways she wouldn't if she didn't see their day-to-day activities.

Many students do, however, admit that keeping friends on Facebook isn't entirely harmful, and can actually strengthen long-distance friendships.

"You can see the friends that your friends make while they're at school and the things they do at school because they share pictures, and statuses, and relationship statuses," said freshman Kiley Baran.

Derosia and Giffen agree.

"You can keep up with people you used to hang out with when you're not near them," Derosia added.

CATHERINE TWING / CASTLETON SPARTAN

Alex Derosia uses social media to check in on "friends."

"I've actually strengthened my connection with a friend because of Facebook because I don't use my phone much," Giffen said, explaining that both friends have to put in equal effort to keep the connection strong.

Communication professor Robert Wuagneux uses Facebook to inspire those who follow him online.

"I post because I want the world to be a better place. I spread messages that are positive," said Wuagneux of his uplifting posts. "I look at Facebook as a way to cultivate thinking."

He joined Facebook when it first took off years ago.

"It's a personal glimpse at who I am," he added, emphasizing how what you expose yourself to, and spend your time looking at on social media, can either benefit or harm you.

Despite the benefits, many people are joining McIntyre in deleting Facebook altogether. While this may not be right for everyone, if works for some.

"It made me realize who the most important people in my life are and who doesn't care," McIntyre said. "You see how much time you waste thinking of people who you aren't connected with any more."

These heels were made for walking

Continued from Page 4

"This isn't simply a women's issue, it affects us all. Although the majority of survivors we work with are women, we are seeing an increasing number in men using our services as well," said Jen Yakunovich, administrative director.

Domestic violence is known as a "silent crime" that state and local law enforcement say is on the rise in Rutland.

"We as police officers and the first line of defense see all kinds of domestic violence cases of all severities. When dealing with such cases, you can't help but think about how some of these situations could have been avoided with the proper education. It's a terrible thing to witness, but we do the best we can to help those in need," said Vermont State Police Sgt. Henry Alberico.

The walk is open to men, women and children. All proceeds collected from the event will help support RCWNS and provide much needed services to survivors in the community. The funds will help support victims of domestic violence and their children 365 days a year by providing a 24-hour crisis line for victims of sexual or domestic violence, one-on-one crisis response to victims of sexual assault, and a safe and secure shelter environment.

In past years, the shelter has struggled to service all victims that come into their care due to lack of room and resources. The walk is a way the community can come together to help make a difference in the lives of those who need it the most, organizers said.

The hope for this project is to work with the victims to overcome their past and find the strength to move forward and even help make a difference for future victims. Once the victims are taken care of, the next step is to educate the community enough to help put a stop to rape and domestic violence. If all goes well, this small town will be on its way to a brighter future to keep all safe, O'Rourke said.

For more information on "Walk a mile in her shoes" go to walkamileinhershoes.org.

Kareckas: 'the face of Castleton'

Continued from Page 1

"Implicitly, what they are looking for is; 'is this person going to be a good ambassador?' He'll be the 'Face of America' to the students with whom he'll be working with in Poland and the community," she said.

Kareckas is already known by many as "the face of Castleton" among the Residence Life and professional community and he said he embraces that ambassador role Duling spoke of.

Kareckas found Castleton College in 2012 at a job fair where he applied for an area coordinator position. He was ultimately hired and has been a large part of the Castleton community since.

"Education is ultimately my window to the world," he said adding that he believes the key to success is getting to know the people you work with on an individual level. "That's something that across the board is going to follow me in whatever pursuit I'm in."

While Kareckas certainly has exceptional knowledge and experience in his field, the learning will continue across personal and professional borders, surpassing cultural horizons.

"Things I lean on all the time, like my sense of humor, is going to take extra time to develop, whereas that's something I have taken for granted throughout my life," he said.

While many Castleton professionals admire Kareckas, he is equally grateful for the role they have played in his success.

"A huge element of my success has to have been the support that I've received...They have worked as referral agents...That's the Castleton experience right there," he said.

"This is an easy place to be proud to be a part of."

And he's sure to be channeling Castleton as he tackles his next learning adventure.

"I'm about to embark on a journey filled with challenges that I can't anticipate yet and I really look forward to that because it'll ultimately allow me to build a stronger character, higher integrity, and be able to support leaders significantly," Kareckas said.

Student films to premiere

PHOTOS TAKEN FROM DOCUMENTARIES

Students took on tough topics for their films including the legalization of pot.

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The leader of the project, Christopher Williams, explained that their documentary was focused on brewers who only distribute within Vermont. They chose to interview and focus on Fiddlehead, Switchback and The Alchemist.

"We got to sit down and meet people I've been wanting to meet and just talk about beer. It was awesome," Williams said.

After roughly 400 hours of work, "Brewers First" is ready to be presented. But that didn't happen without some difficulties.

"Creating a narrative for this was hard," Irwin said. "You can never quite create a narrative until filming is done and you're in the editing process."

Luckily, the owners of the three breweries were more than happy to tell their stories.

"The Alchemist, who makes Heddy Topper, closed their doors last year," said Williams. "They don't have a phone number or an email address and they're not open to the public."

After some persistence, Williams, Irwin and the rest of the team were able to sit down with the creator of The Alchemist.

"They were very nice and very welcoming," said Williams. "They were giving us their very valuable time and we wanted to be respectful, and part of that was finishing this project."

The documentary was about a quarter finished when the semester ended, but team members decided to work on their own time to finish what they had already put so much work into.

"We spent so much time on this, it's a shame to leave it undone," Williams said.

Irwin and Williams were intrigued by the stories of how the breweries started and how they run now. After visiting the three breweries, they noticed a similar drive all the brewers shared.

"They all had very interesting stories," said Irwin. "Even though Switchback and Fiddlehead are always competing for tap space, they both said if one of them needed a bag of grain or if something breaks, they'd be willing to help each other out."

Williams and Irwin were assisted by Steven Andolfo, Jimmy Britt and Spencer Dandurand during the process.

"We had a small team, but it was a good team," said Williams. "Jimmy was underage, so he was our designated driver. He helped out a lot."

The final product has a running time of half an hour and will be presented in Herrick Auditorium at 7 p.m. on Wednesday, April 29.

Seniors Jake Covell, Devin Clark, Vincent Guerrea and Aaron Wallis created the third documentary about the legalization of marijuana. The group talked to police chiefs and officers and the general public and asked them about their opinions and predictions about pot.

"It was really cool to be able to make a documentary on a subject like marijuana," said Covell. "Bob Gershon really let us do what we wanted and helped us a lot..

One of the first steps was going to Montpelier to talk to the representatives who are fighting for legalization.

"They were very willing to talk to us and pretty easy going," said Clark.

The group split up and attended public forums in Rutland and Burlington and learned that the audience was split about 50/50 on their position on legalization.

"There were a lot of hard-hitting stories told at the forums supporting both sides," said Clark who went on to re-tell the stories of a glaucoma patient and that of a woman who's son was killed by a driver under the influence.

Covell was surprised by the amount of support there was for the legalization of marijuana. After talking with many people, they learned that despite that support, it probably won't happen for a few years.

"The government has so many other things that have priority over this, we learned that the topic has kinda been put on the back burner," explained Clark.

Creating a documentary turned out to be a bigger task than the team thought, but they enjoyed the process.

"It was really fun figuring out how to make an actual documentary," said Covell. "But we ran into some problems with scheduling. We were all really busy so it was definitely difficult to find time to film and edit this project."

The final product, titled "VT Trees," will also premier in Herrick Auditorium on April 29.

Third annual Scholar Celebration

By Daley Crowley
Castleton Spartan

With a chance to present their hard work and possibly win some cash, 45 sharply dressed students stood by their projects awaiting judgment.

The third annual Scholar Celebration had the 1787 Room swarming with students and faculty last Thursday.

"Students often get the chance to present their work within their programs, but this showcase gives them a chance to present their research to a large audience," explained Dean Ingrid Johnston-Robledo, who began this tradition the year she came to Castleton in 2013.

Johnston-Robledo recognized the need for students to take part in faculty-student research projects where they would eventually present their original work at a showcase like the one held on Thursday.

The students presenting represented 16 different departments. There were students from the Theater department, Health Science, Geology, Psychology, Business Administration, and more. Research topics and presentations varied from sculptures of beavers to stage makeup to campus energy consumption all the way to mate attraction by female rattlesnakes.

Faculty members from various departments were assigned multiple presentations to judge. There were two judges per presentation. The three most outstanding projects were awarded the Dean's Scholar Award and a $100 prize at the end of the showcase.

"We're evaluating the students on their actual project, their presentation, their clarity and how polished it is," explained judge and business professor Cathy Kozlik. "I also look at the significance of their work and what it means to them."

History professor and fellow judge Adam Chill says he thinks judging these projects can be a little tricky because they are all so impressive.

SARA NOVENSTERN / CASTLETON SPARTAN

Taylor LeFevre displays her work at Castleton's third annual Scholar Celebration.

"I looked at how professionally students present their work and themselves," he said.

Athletic training student Colleen Jenkins was presenting her research on the relationships between student athletes and athletic trainers.

"Although this was a huge time commitment, it was pretty easy because I was researching something that I was interested in," said Jenkins

Geology major Tim Marshall agreed with Jenkins about the amount of work put into these projects.

"I started researching my topic in the summer of 2013," said Marshall. "So it's been a long time and a lot of work, but it's cool stuff."

As the spectators and judges wandered from presentation to presentation, students were proudly showing off their hours of work, talking loudly to be heard over the chatter of other students.

"I love how enthusiastic the students are," said Kozlik. "They can really articulate what they've been doing and why it's important to them."

Geology student Kimberlee French has been conducting her research in the Adirondack Mountains in New York.

"It has been super interesting," she said excitedly. "I can't wait to keep working on this after graduation."

As the judges handed in their critiques, Sarah Bergstrom had a sigh of relief; her hard work had finally come to an end.

"After all this time, research, hard work and the 30-page paper I wrote about it, I'm almost sick of my subject," said Bergstrom. "But I still think it's a cool topic and I had a lot of fun researching this stuff."

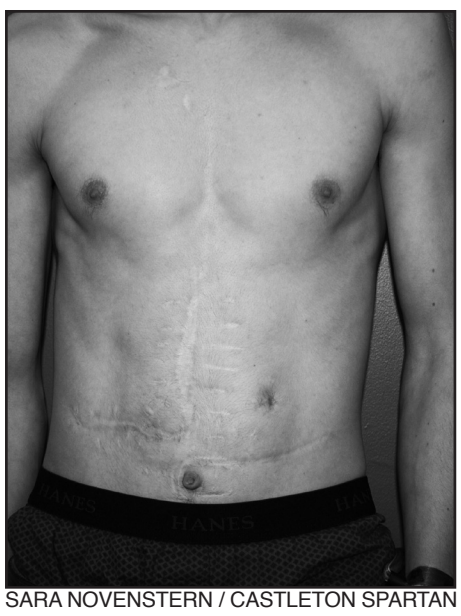
Johnston-Robledo has plans to continue this tradition with hopes of expanding it.

"I hope to move it to the gym next year," she said. "I think it would be really cool to have classes cancelled so all students could come check out their classmates' and friends' work."

The winners of the Dean's Scholar Award were as follows: Rachel Orr and Caleb Watkins: Detection of genetically modified organisms in Vermont corn fields (Natural Sciences); Kenneth Stone: Campus energy consumption (Business Administration) and Matthieu Fortier and Jack Del Priore: Gamification and game-based learning in the literature classroom (English).

"I'm really proud of these students," said Johnston-Robledo. "It's so nice to be able to recognize good work."

Ievoli's a miracle



SARA NOVENSTERN / CASTLETON SPARTAN

David Ievoli's shows wounds from the surgeries on his intestines.

Continued from Page 1

His girlfriend, freshman Helene Herrick, finds that fascinating.

"After he drinks a lot of water or eats a lot of food, his stomach makes a rumbly noise then you can actually see it moving through his system, it's really cool to watch! Also, when his stomach is full, his nose runs because your stomach is connected to your nose and because his stomach is so small it stretches and makes his nose run," Herrick said.

Ievoli is an extremely active student, participating in countless clubs and activities. He is a leader with the Campus Activities Board, helps out with weekly recycling efforts with Green Campus Initiative group, is treasurer of the Psychology Club and the Humane Society Club, began his own Hacky Sack Club as a freshman, was an SOS leader for two years and organized a shoe drive on campus that collected over 300 pairs of shoes.

"That's when I knew I could make a difference here," he said of the shoe drive.

But he didn't always think he was cut out for the college life.

"I think it's cool that 22 years later, I'm here graduating the day before Mother's Day … like I didn't even think I was going to go to college and now I'm up and running for the highest awards Castleton could give out," including the Carolina Woodruff Award as well as Senior of the Year award.

Ievoli's positive attitude and impact on Castleton's community is contagious and powerful.

"David has also been one of my biggest influences because he has taught me that no matter your walk of life that you come from or how you dress or act, everyone can be friends ... David has always been a welcoming and open person and has taught me to do the same for others. He is kind and giving and I am grateful to say he is one of my closest friends and like a brother to me," Derosier said.

His girlfriend agrees.

"David is lucky to be alive and he shows how thankful he is every day with his positive outlook on life and the big smile that is always on his face," she said.

As graduation day fast approaches, Ievoli and his mother both seem reflective. She thought back to his troubled early days and about how far he has come.

"I stood by his crib knowing that David would have a life of adventure and hoped it would not be as scary for me as this had been," Michelle said.

"The fact that I'm here is the biggest thing," Ievoli said.

PHOTO CONTRIBUTED BY DAVID IEVOLI

Ievoli as a preemie in the NICU.

'Apply!, apply!, apply!'

PHOTO CONTRIBUTED BY NICHOLAS BRADLEY

Students pose in a telephone booth while studying overseas.

Continued from Page 4

"Apply! Apply! Apply!," she said, adding that students cannot win a scholarship any other way.

"Winning the scholarship helped all the pieces fall into place," said Faucher.

On top of taking four classes, she still is managing to take full advantage of a lot of opportunities around her including traveling and getting to know countless locals.

Her whole family came to Castleton to celebrate her surprise scholarship award presentation.

"Like my dad said, it was the only time he's ever seen me speechless in my life," she said.

Junior Eric Ginter is also abroad this semester, studying in China. He said he quickly immersed himself into the culture and easily adapted.

"We actually went to this world famous irrigation system first that I studied back in high school!"

Like Faucher, Ginter received scholarship money through the Gillman's Scholarship to help offset his travel costs.

In Europe this semester is Nicholas Bradley. He is studying in Spain, but when contacted to be interviewed, he was in Prague, Czech Republic.

"I travel almost every weekend on budget airlines. I have been to England, Italy, Greece, Germany, France, Czech Republic," he said, and added that he also wishes to go to Portugal and Amsterdam soon!

Once he gets back, he said he hopes to go cross-country in the United States.

Not only does Castleton have students going to other countries, but the school also has students from other countries studying here in Vermont – and an effort is underway to increase those students. Current Castleton students hail from countries including Sweden, Germany, Canada, France, China and Peru among others.

Junior Jekabs Grinbergs is here from Latvia. This is his second year here and once he finishes his college experience, he can bring Castleton's legacy back home with him. He is very passionate in his studies and said he is soaking up everything the experience is offering.

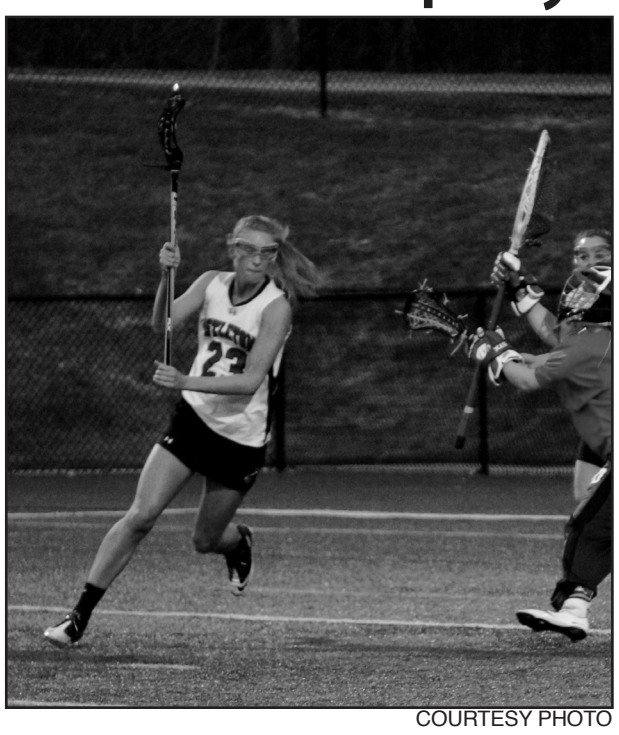
"For me, I wanted to be different in my path and to achieve bigger things and hold myself to higher standards," Grinbergs said.

Grinbergs does a lot in his not-so-new community. He has been in the United States for three years, but at Castleton for only two. On top of being an exercise science major, he mentors, is a student advisor for studying abroad, advertises studying abroad and promotes a Facebook page for studying abroad.

It is one thing to simply travel abroad, from the United States to other countries or from other countries to the United States, but to make something of it is the important part, students say. And with Castleton's growing study abroad program, it is getting easier and easier to go.

"I love spreading the word, as I want more people to know about it and take the jump," Bradley said from thousands of miles across the Atlantic Ocean.

Senior lax player Kate Auer chats with Murphy



COURTESY PHOTO

Kate Auer, left, makes her way in front of the opposing team's net earlier this season.

By Jamieson Murphy
Spartan contributor

Kate Auer is a senior Spartan attacker on the women's lacrosse team from South Glens Falls, N.Y. Auer has been changing the games for the Spartans this season with 54 goals and 24 assists. Not only is she the leading scorer on the team, but she is ranked fourth in her conference.

Q.What's your secret to scoring a lot of goals?

A. I don't really have a secret when it comes down to it. When I go to the goal, I just clear my mind. There just isn't really a thought that goes by other then scoring that goal.

Q. When you aren't playing lacrosse, what do you love to do?

A. I'm always with my teammates. I'm always hanging out with them, and I'm really close with my roommate as well. If I'm not doing my homework or hanging in my room with my roommate, then you could find me with my teammates."

Q. What was your most memorable moment on the lacrosse field?

A. My most memorable moment was last year in the NAC finals, we were tied with Thomas and there was nine seconds left. The ball was on the defensive end, and we ended up making these Hail Mary passes down the field, and Grace Johnson ended up scoring the winning goal as the clock ran out.

Q. Who is your athlete idol?

A. To be honest, I really don't have one! If I had to choose, probably Alex Morgan.

Q. Who has been the most inspirational person in your life and why?

A. It's not really a single person. My team inspires me every day on and off the field. Also, my parents are always really supportive too, and that really makes the difference, because if you don't have supportive parents, and they aren't going to your games, then it really puts a damper on your relationship.

Q. Do you watch women's lacrosse and who is your favorite team?

A. I don't watch it that much, but if there is a big game on then we will get together as a team and watch it. My favorite team is the New York Lizards.

Q. Do you have a special soundtrack that you listen to before games?

A. Yea! We have one that plays in the locker room, then one that plays outside. It's just a bunch of remixed songs that we all came up with and put together."

Q. Who is your favorite music artist?

A. I really like country, I don't really have one favorite artist.

Q. What lacrosse company would you prefer, Nike or Warrior?

A. Nike! Nike everything, pretty much.

Q. Do you take the time to string your own lacrosse head?

A. Actually my stick just broke for the first time ever and I had to go and take it to someone else to get strung because I have never strung one.

Rehabbing 5k miles from home

PETER VAUGHN / SPARTAN CONTRIBUTOR

Castleton hockey player Kevin Rossett, from Switzerland, performs a rehabilition exercise as he works his way back from a back injury.

COURTESY PHOTO

Rossett battles for a loose puck as a Spartan during a game from the 2014-2015 season.

By Peter Vaughn
Spartan contributor

Spartan hockey player Kevin Rosset had a long journey before arriving at Castleton College two years ago.

Rosset is not your traditional college student, having found his way to Castleton from Crans Montana, Switzerland in the heart of the Swiss Alps.

His house sits on the plateau of a ski resort where his father teaches skiing lessons.

So how did a Swiss mountaineer like Rosset end up so far from home at a small school in tiny Castleton, Vt.?

For Rosset the answer is simple: Hockey.

"The main reason I came here is because back home you can only play junior hockey until you're 20 years old, so when I turned 20 I was playing my last year of juniors," Rosset said. "So my dad pushed me to come to the United States and play another year of juniors."

You'd think it would be a scary experience coming to the United States, 5,000 miles away from your friends and family. But Rosset has been away from home since he was 12 years old when he lived with his relatives and played hockey in the city of Geneva, some three hours from his home.

"I was kind of used to being away from home, but when I came to the States it was totally different." Rosset said.

Rosset's journey here began three years ago when he was recruited to play for the Cheyenne Stampede junior hockey team in Cheyenne, Wyoming. At the time, he only knew the fundamentals of English.

"I learned the basic English skills at school (in Switzerland). But when I came here three years ago, the English I learned at school didn't help me at all. I was kind of lost. All I knew was, 'my name is Kevin.'"

During his time in Wyoming, he played junior hockey and steadily adjusted to the English language with the help of his host family.

"I thought I learned (English) pretty fast. My host family had three kids and they really helped me out a lot because they were using an easier vocabulary so I kind of learned a little bit faster," he said.

Rosset also had a hard time adjusting to the culture, especially the food.

"People here eat a lot of fast food like McDonalds. We don't really have a lot of fast food back home. It's mainly expensive restaurants," Rosset explained. "We also eat a lot of cheese. There's not as much of that here."

After his season with the Stampede ended with a loss in the first round of the playoffs, it was time for Rosset to seek out a college where he could continue to play hockey.

"Back home, you can't play sports for school," Rosset explained. "College and sports are two separate things. If I were to go to college back home I would not be able to play hockey. Here, I can do both at the same time."

In 2013 Rosset became a Spartan and played as a center on the hockey team. The team, with the addition of Rosset, fought their way to the second round of the playoffs where they fell one goal short to conference leader Norwich.

"I thought we performed really well that year," said Rosset's teammate Patrick Thornton. "We just couldn't get the win against Norwich, unfortunately."

Coming back as a sophomore the following year, Rosset had high hopes for the season.

"I was starting to become more comfortable with the style of play that you see in D3 hockey," Rosset said.

But during the first month of the season, Rosset injured himself during a workout.

"We were doing broad jumps and then he kind of just tweaked his back and went down," Thornton said. "I could tell that he was in pain."

Rosset was brought to the training room, where he was examined. He was told his back injury was minor and he was okay to continue playing. However, during the next game, he injured his back again.

"I stopped, twisted and turned and my lower back again gave out on me," he said.

"Initially I didn't know anything had happened to him," said head coach Steve Moffat. "It wasn't a hit against the boards or something that you could really tell affected him."

Rosset lied down in the training room for an hour and returned to his room for the night. But his troubles didn't end there.

"The next morning I woke up and I couldn't even get out of bed," Rosset said. "So I laid on the ground, called my parents, and that's when they called the ambulance and I went right to the hospital."

Rosset was prescribed strong pain medication and issued an MRI. When he returned to Switzerland over Christmas break, he was informed that he had two herniated disks and would need surgery if he hoped to continue playing hockey.

Rosset underwent surgery on Christmas day and was bed-ridden for the rest of his winter break.

But he was not alone in his recovery. With the help of friends and family, he was able to stay positive.

"They helped me out a lot because I was alone and just felt like a lot of people were behind me supporting me with my injury. I really appreciate that," Rosset said.

A big supporter was his father.

"For me, it's like what can I do next to help him recover and to be in good shape for next season," said Rosset's father, Oliver Rosset. "We've been involved in his hockey and practice time year-round so once he's injured it's a sad feeling."

Despite Rosset's injury, the hockey team went on to have a decent season with a record of 11-16. It ended during the first round of the playoffs, where the Spartans lost to Norwich by one goal for the sixth year in a row.

"We were one of the best teams in the league going into playoffs and then once again we fell a goal short against Norwich," Thornton said.

"Sometimes you can't always judge a season by wins and losses," Moffat said. "We played our best games during the playoffs and as a coach, that's what you're looking for."

For Rosset, it then became all about rehabilitation.

For the first three months, he was told to refrain from any physical activity. After this period of rest he began physical therapy.

"I did a lot of rehab in the pool," he said. "It really helped me because the pool was easy on my back. After about two months of that, I started riding the stationary bike in the gym."

Now, six months after the injury, he is beginning to work with the team again.

"It's good to have Kevin back," Thornton said. "He's doing pretty much everything that we do except with a bit lighter weight and avoiding stuff that's hard on his back. I think he's definitely getting stronger and building up his confidence."

Whether Rosset will be ready to step back onto the ice next season is questionable. But he is doing everything that he can to make that goal possible.

"This summer I'm going to work really hard," Rosset said. "I have a huge program planned that my dad is going to help me with and I plan to come back next year and have a great season."

Moffat hopes so.

"Kevin brings some skill to the team that we lost when he couldn't play," Moffat said. "Hopefully he can come back 100 percent next season. Only time will tell."

Rosset's hockey career will not end after his four years at Castleton are over. He plans to seek out a professional team either in the States or back in Europe.

"I think next season will be a big year for him to see how he does with his injury and how he can perform. As long as he stays focused I'm going to be behind him to help him anywhere he can be," Oliver Rosset said.

Whatever comes next for Rosset, he said he'll be ready for it.

"We'll see where life takes me," he said.

Softball looks for consistent play entering playoffs

By Mike Davis
Castleton Spartan

The mission for this year's Castleton women's softball team throughout has been to "finish It" in all aspects of their game.

That message has continued to drive this talented Spartan team, especially clinging to the top spot in the North Atlantic Conference, things had seemed promising as they took the road for 5 games in 3 days.

Pulling out two big wins at Keene State prior to the trip; the Spartans would first travel to New England College for a makeup game, then to Thomas for two games and finally close out the lengthy road trip at Maine-Farmington for another NAC double header.

The team knew that every game was crucial and that they would need to win every game to hold onto their top spot in the conference, and to have the opportunity to host the conference tournament here at Castleton.

"Throughout our trip NEC and Maine, we had the mindset that we were on a business trip and that we needed to finish off our season strong," Sophomore Pitcher Kayla Wood said.

Wood received recognition for being the NAC Pitcher of the Week last week by continuing to dominate on the mound and showing that she is one of the most talented pitchers in the conference.

Wood has a 0.82 ERA average in 60.0 innings pitched with 8 wins and 68 strikeouts on the year, and this is the fourth time in five weeks that Wood has earned this honor.

"There is no I in team and one person can't win a game. I give all the credit to my team because not once did I record every out of every game, nor did I score the runs to win. My teammates on defense made many plays that led to our teams victories," Wood Said.

The Spartans looked strong early on the road trip by defeating New England, and taking both games at Thomas.

Having won three straight coming into the double header vs. the Beavers, Castleton came out red hot and defeated Maine-Farmington 11-0 in five innings thanks to Kayla Woods one hit shutout performance, and the powerful hitting by the Spartans..

However, Beavers would respond in a big way in game two and surprised everybody when they shut out the Spartans 1-0 and put a big damper on Castleton's hopes of hosting the NAC Conference tournament at Spartan stadium, with just two final regular season games against Johnson State.

The Spartans had chances in the fifth, sixth and seventh innings to put up runs, but just could not advance them home and the Beavers would secure game two and take the split.

"We really needed to win all of our games to clinch that number one spot in our conference, unfortunately that didn't happen," First Basemen Katie Gagne said.

"We had great momentum going through the weekend until the last game and we let our guard down. I think that really lit a fire under our butts because we realized that we can't take any team lightly. Hopefully this pushes us to fight until the end of our season and throughout the tournament. From here on out we really can't afford to lose another game."

With just two games to play Castleton (17-10, 8-2 NAC) will host Johnson State (8-20, 3-5 NAC) and will look to "Finish" their season off on a high note and try to gain some momentum heading into the conference tournament, which is set begin once league play comes to an end this afternoon.

New era for the lady Spartans

By Jordan Lumsden
Castleton Spartan

Full speed ahead and no looking back is how the Castleton women's lacrosse team finished their regular season with a program record 13 straight wins and a number one seed in the North Atlantic Conference Playoffs.

The Spartans went perfect in conference play with an 8-0 record and 14-2 overall.

Castleton dominated conference competition winning every game by nine or more goals and firmly claiming their right as number one. Many Spartans agree that a main contributor to this year's success is team chemistry.

"This year we play as a team completely. We don't have any individual players and we have assists all around," said junior midfielder and defender Emilee Maher.

While many on the team wouldn't consider a loss in the NAC playoffs a complete disappointment, expectations are at an all time high for reclaiming their fourth straight NAC Championship and losing is not an option.

"Obviously we're going to have to work for it, but I think it's something that we should achieve," said junior attack Brandi Whittemore.

Head coach Hannah Corkery said in terms of team goals, it would be a disappointment to lose in the NAC Tournament, but she still believes that the team this year is the best in Castleton history.

Even with the impressive win record heading in the playoffs, Corkery doesn't want to underestimate anyone.

"When it comes to playoffs, anything we knew about the team before is irrelevant," Corkery said. "If we don't win, our season is over and everything that we've worked for is done."

The main challenge for the Spartans heading into the playoffs will be continuing to play at a high level. With the NAC Championship being an expectation, the NCAA Tournament looms ahead with faster, tougher opponents, which the Spartans aren't used to seeing.

Senior attack/midfielder Kate Auer and Corkery agree maintaining intensity and pressure, especially when the opponents clear the ball, are going to play a main factor the upcoming games.

CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

Castleton teammates chase down a Keene State player during their last regular season game, which the Spartans won 17-13.

"It's not about who we're playing, it's how we're playing," said Corkery, "We're always the team to beat in the NAC so sometimes it's a lot of pressure, but it's also exciting."

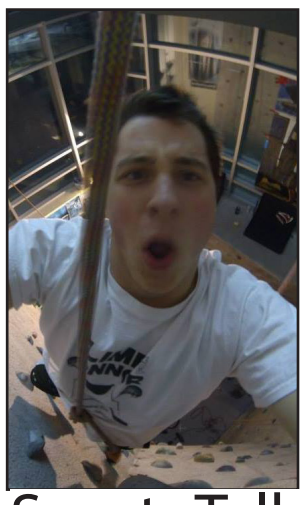
"One game at a time" is how Whittemore described the mentality of the 13-game winning streak this season. Whittemore admitted that no one on the team knew about the record until after the win against Maine Maritime on April 11.

"It was exciting. I wouldn't want to do it with any other girls besides this team," said Whittemore smiling.

Whittemore also added that the coaching in recent seasons has elevated the level of play saying how hard the coaches and fellow teammates push each other in practice.

"The best team we're going to play today is ourselves," Whittemore said as a frequent reminder to play at your best all of the time.

Castleton looks to take their freight train of momentum into the playoffs this Wednesday when they host Husson University in the NAC Semifinals.



Sports Talk with Isaac Devoid

Several students have taken a long and unorthodox road to Castleton – especially for Spartan baseball player, Nick Swim.

Swim has made great contributions to the Spartans this season, but this also carries true for other teams in the past.

As a Vermont native, Swim has been a baseball standout since playing for Bellows Free Academy in St. Albans. At BFA he was an all-state selection, and was distinguished as the Gatorade Player of the year.

After high school, Swim chose to take a post-graduate year at Bridgton Academy to further develop his skills. At Bridgton, Swim posted impressive numbers as a third baseman. His bat and high baseball IQ did not go unnoticed, as several Division I schools were scouting him.

However, the choice was pretty easy for Swim as he accepted a scholarship to play for the New Jersey Institute of Technology. Swim believed the up and coming program was a good fit, and he would have the opportunity to make an immediate impact.

He did just that.

In his first season at NJIT, Swim started at third base and posted a .230 batting average on the season.

Things certainly looked promising as Swim moved into his next season.

However, a major injury provided for a sophomore slump for Swim.

At the beginning of the season Swim tore his right labrum causing him to redshirt and sit out for most of it.

This particular injury is nearly impossible to play through as a baseball player, and certainly served as a struggle for Swim.

He continued with his rehab plan throughout the year and tried to get healthy.

"It was difficult not being able to play, but I stuck through it," he said.

Swim then decided the school wasn't the best fit for him, and he began looking for a new one.

The right fit just happened to be close to home, as Swim transferred to Castleton in the fall of 2014.

"I wanted to come to Castleton because of the high level of baseball," said Swim. "Castleton has always had a proud winning tradition and I wanted to be a part of that."

Swim has certainly helped keep the tradition alive, as the Spartans are 26-9 on the year.

His numbers have been impressive posting a .402 batting average with 20 runs, one home run, 20 RBI's and also being named North Atlantic Conference player of the week.

For swim, what felt like the right choice has certainly proved to be.

"I love every part of Castleton and wouldn't want to be anywhere else. Its a home away from home,"he said.

CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

Head Coach Bo McDougall strategizes with the Spartans during a timeout break in a regular season game at Spartan Stadium.

Will NAC run through Spartan Stadium?

By Andrew Cremins
Castleton Spartan

Championship games aren't foreign to the Castleton State College men's lacrosse team.

Since the 2003-2004 season, the Spartans have found themselves in the North Atlantic Conference Championship every year – 11 straight appearances.

Before the Mount Ida Mustangs left the NAC following a championship loss to the Spartans in 2010, Castleton had fallen victim to the Mustangs in six consecutive championships.

Despite teams shifting in and out of the NAC since Mt. Ida's departure, one thing has remained a constant – the Spartans.

Castleton won two more conference rings, one over the Husson University Eagles in 2011 and most recently over the New England College Pilgrims in 2013.

To-date, the Spartans post a 3-8 record all-time in NAC championship games.

Based on recent NAC Championship trends, fans and critics of the Spartans will likely keep their eyes on the Pilgrims, who other than Husson, have been the only team to consistently test Castleton in recent years since Mt. Ida's dynasty era.

CHRISTOPHER WILLIAMS/CASTLETON SPARTAN

Sam Siegel winds back for a shot attempt against Lyndon St. Sunday April 19.

Castleton (11-5 overall, 8-0 conference) sits at the top of the NAC with NEC (7-7 overall, 7-1 conference) trailing close behind as the second seed with their only conference loss coming at the hands of Castleton on April 15.

The Pilgrims and Spartans have faced off in the championship for the last three years and NEC leads 2-1 in the short series – all under Bo McDougall at the helm for Castleton. McDougall is 5-4 all-time in the playoffs including non-NAC games.

As another title game approaches and Castleton an ideal contender looking for its 12th straight championship appearance, it may not be far fetched to speculate the road to a NAC championship will run through Spartan Stadium. McDougall acknowledged the notion, but won't let anything moderate the intensity of the team's mindset.

"While it's easy to look at the schedule and see that Spartan Stadium could be the host site of the NAC championship game, I think our entire team is operating under the mindset that all we have guaranteed to us is the semi-final game," said McDougall last week before playing in the semi-final game.

Using lax phenom Zach Davidson will be key for the playoff run. However, McDougall didn't unveil any new plans offensively to change how they'll use him, but understands Davidson is a matchup nightmare for opposing teams and is prepared to make adjustments accordingly.

"Zach will remain a big piece of the puzzle for us," McDougall said. "He's playing some of the best lacrosse of his career in the past few weeks and we're sure teams will try to find ways to minimize his touches. We'll adjust to what teams do, and make sure Zach remains a factor for our team in the postseason."

Davidson praised his teammates for ramping up the intensity in recent games and said he feels good about the position the coaches will put him and his teammates in.

"Guys have really come into their own here the past couple of weeks, which is pivotal in giving our team a balanced attack," Davidson said. "Our team is confident that our coaches will properly prepare us for any team we see moving forward."

Senior goaltender Eric Horsfield talks "revenge" in regards to this year's NAC Championship.

"I wouldn't use the word revenge, but that is a good description," Horsfield said. "[Last year] I was angry and disappointed. When the game was immediately over, I was just awestruck that we had lost. I am excited to beat them again and go out of the NAC on top."

Reggie Colomb speaks highly of his golfers following season's end

By Kathleen Webber
Spartan contributor

The Spartans golf team finished out the season on Wednesday April 22 in eighth place out of 11.

The team showed up to the match with one fewer player with Jack Ralbovsky unable to attend.

"We lost a member of our team that week and Jack our number three player could not go," said Dan Hogan a senior on the team.

Head Coach Reggie Colomb isn't disappointed with his team's performance this year.

"We really improved a lot throughout the year and the guys came together as a team. They all were focused and very competitive," said Colomb.

The team was awarded the North Atlantic Conference Sportsmanship Award and Colomb the conference Coach of The Year.

"Our team being recognized meant a lot more to me personally," Colomb said.

Castleton started off the season's first two matches ranked fifth and fourth - in two matches they fell in third place. Only four of their matches they ranked high being placed in eighth, 10th and once being placed in 12th.

Despite a lack of commitment by some players and some struggles as a team, they kept themselves composed for most of their matches. Last year they performed great as a team, as they posted a 300 at the Southern Maine Tournament.

Colomb believes it shows their potential as a team and that they were good enough to compete at the national tournament.

Colomb also spoke highly of Zack Temple and what he was able to accomplish in his career.

"Zack Temple had a great scoring average this year and when he was a freshman he was named "Freshman of The Year." He was asked to be a part of the ECAC all division team, which is a step higher than the conference the Spartans are in. He was placed as one of the top 10 Vermont amateurs and New Hampshire amateurs. Coaches from other teams know he is going to be competitive."

Hogan, the captain and a senior, had some encouraging words to say to his fellow teammates.

"I would say to my teammates to just enjoy it and don't let it just pass by. Work hard to make the program better every season. Our record may not show, but we are so close to breaking through as the best team on campus."

When asked how he felt he has progressed over the four years, he said "I have improved mentally on the golf course. I don't get as nervous or jacked up when I am in a position to post a low number. I always stay calm on the course, which is very important. I used to let mistakes get to me, now I shake it off and keep grinding."

Ralbovsky agrees with all that Hogan has to say and said hopefully he can bring this positive energy with him at the start of their season next year.

"I hope to have a strong recruiting class for next year and a solid fall season. This spring season was cut short and not very productive but I think we have a talent to be a real power house in the conference next year."

Colomb concluded some final thoughts about Hogan and Osborne.

"Kyle, he reminds me of my son and my future stepson with his work ethic and the type of person he is. Being very positive, and even when he was disappointed in himself he got up and brushed himself off. Well respected, he means a lot to me as you can see."

"Dan, I only had the opportunity to coach him for one full season, but he truly is what the game of golf is about. He has the highest level of ethics, great team leader that will show well in his career path. I have tremendous respect for him and I look forward to watching him grow as a man and where he pursues to go. Those guys left a solid mark on the golf team."

Colomb is looking forward to next year and believes there will be strong leadership skills and competition.

"Our future is very bright. Our key is to move forward and I believe we can do it." he said

Castleton is adding a women's golf team next year and there are already three women signed up to play next year and Colomb looks forward to hearing from and seeing more women who want to play.